

# The Twist

**COPPER** **KNOB**  
BY STEPHEN

拍數: 48      牆數: 2      級數: Beginner  
編舞者: Richard Munden (UK)  
音樂: The Twist - Chubby Checker



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## HEEL TWISTS TWICE, GRAPEVINE

1-2            Twist both heels right and center  
3-4            Twist both heels right and center  
5-6            Right to right, left cross behind  
7-8            Right to right, left touch together

## HEEL TWISTS TWICE, GRAPEVINE ¼ TURN

9-10           Twist both heels left and center  
11-12          Twist both heels left and center  
13-14          Left to left, right cross behind  
15-16          Left to left, ¼ turn to left step left in place

17-30          Repeat 1-14

## GRAPEVINE ¼ TURN SCUFF

31-32          Left to left, ¼ turn to left with a scuff

## WALK FORWARD RIGHT LEFT RIGHT, TOE STRUTS BACK TWICE

33-34          Step forward right, step forward left  
36-35          Step forward right, kick forward left  
37-38          Step left toe back, drop ball of foot down  
39-40          Step right toe back, drop ball of foot down

## SLOW COASTER, SLOW ROCK RECOVER

41-42          Step back left, step back right  
43-44          Step forward left, hold  
45-46          Rock right to right, recover to left  
47-48          Step right together, hold

**REPEAT**

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