

The Twist

拍數: 48 牆數: 4 級數: Improver
編舞者: Nancy Morgan (USA)
音樂: The Twist - Ronnie McDowell



TWIST TO RIGHT, THEN TO LEFT

1-4 On balls of both feet and feet shoulder width apart, twist as you lean to right
5-8 On balls of both feet and feet shoulder width apart, twist as you lean to left

HOP FORWARD, HOLD, HOP BACK, HOLD, HOP FORWARD, HOLD, HOP FORWARD, HOLD

&1-2 Hop forward - right, left, hold
&3-4 Hop back - right, left, hold
&5-6 Hop forward - right, left, hold
&7-8 Hop forward - right, left, hold

VINE RIGHT, TOUCH, ROLLING VINE LEFT, BRUSH

1-4 Step right to right side, step left behind right, step right to right side, brush left foot slightly forward and to left side
5-8 Turn $\frac{1}{4}$ turn to left as you step forward on left, turn $\frac{1}{2}$ turn to left as you step right to right side, turn $\frac{1}{4}$ turn to left as you step left to left side, brush right foot slightly forward

ROCK FORWARD AND BACK AND PIVOT $\frac{1}{2}$ TURN LEFT, PIVOT $\frac{1}{2}$ TURN LEFT

1-2 Rock/step forward on right and back on left
3-4 Rock/step back on right and forward on left
5-6 Step forward on right, pivot $\frac{1}{2}$ turn to left
7-8 Step forward on right, pivot $\frac{1}{2}$ turn to left

TAP HEEL AND HEEL AND HEEL, HOLD, AND STOMP, SLIDE RIGHT TO LEFT

1&2 Touch right heel forward, put right next to left and touch left heel forward
&3-4 Put left next to right and touch right heel forward, hold
&5 Quickly, put right next to left as you stomp left foot forward
6-7-8 Side right to left

VINE RIGHT, BRUSH, ROTATING JAZZ BOX $\frac{1}{4}$ TURN LEFT, STEP RIGHT TO RIGHT SIDE

1-4 Step right to right side, step left behind right, step right to right side, brush left foot slightly forward and to left side
5-8 Turn $\frac{1}{4}$ turn to left as you cross right over left, step back on right, step left foot forward and slightly to left, step right to right side (feet should be shoulder width apart)

REPEAT
