

Twister

拍數: 56 牆數: 4 級數: Improver west coast swing
編舞者: David Matton (FR)
音樂: After All - Jill King



SWIVEL LEFT AND TOE POINT RIGHT, FOLLOW THROUGH, CROSS STEPS

- 1 Swivel left foot to right side and touch right toe to right side
- 2 Swivel left foot to center and together right foot
- 3 Repeat 1
- 4 Hold
- 5-6 Cross right behind left, step left to left side
- 7 Cross right over left
- 8 Hold

SWIVEL RIGHT AND TOE POINT LEFT, FOLLOW THROUGH, CROSS STEPS

- 1 Swivel right foot to left side and touch left toe to left side
- 2 Swivel right foot to center and together left foot
- 3 Repeat 1
- 4 Hold
- 5-6 Cross left behind right, step right to right side
- 7 Cross left over right
- 8 Hold

ROCK STEP RIGHT, ½ TURN RIGHT, LOCK STEP FORWARD, (2X)

- 1 Rock step forward on right
- 2 Replace weight on left
- 3 Make ½ turn right on ball of left
- 4 Hold (right foot forward)
- 5 Step forward on left
- 6 Lock right foot behind left
- 7 Step forward on left
- 8 Hold
- 1-8 Repeat 1-8

TOE, HEEL, CROSS, HOLD, (2X)

- 1 Touch right toe next to the left (heel right to the right side)
- 2 Touch right heel next to the left (right toe to the right side)
- 3 Cross right over left
- 4 Hold
- 5-8 Repeat 1-4

LOCK STEPS BACK AND SNAP, SAILOR TURN WITH ¼ TURN RIGHT

- 1 Step back with left foot and snap (with legs flex)
- 2 Step back lock with right foot over left
- 3 Step back with left foot and snap (with legs flex)
- 4 Hold
- 5 Cross right behind left
- 6 Step back with left and ¼ turn right
- 7 Right step forward
- 8 Hold

LOCK STEPS BACK AND SNAP, SAILOR TURN WITH ½ TURN RIGHT TOGETHER

- 1 Step back with left foot and snap (with legs flex)
- 2 Step back lock with right foot over left
- 3 Step back with left foot and snap (with legs flex)
- 4 Hold
- 5 Cross right behind left
- 6 Step back with left and ½ turn right
- 7 Step right on place
- 8 Step left next to right

REPEAT
