

# Twistin'

**COPPER KNOB**  
BY STEPHEN BRETZ

拍數: 48      牆數: 2      級數: Improver  
編舞者: Steve Lescarbeau (USA)  
音樂: The Twist - Ronnie McDowell



**1st Place Winner at Halloween In Harrisburg 2002 Newcomer/Novice Choreography**

## **TRAVELING TOE, HEEL, TOE, HEEL, TOE, HEEL, TOE, STEP (ALSO CALLED DWIGHT YOAKAM'S)**

- 1-2      Touch right toe in while swiveling left heel to right, touch right heel to right while swiveling left toes to right  
3-4      Touch right toe in while swiveling left heel to right, touch right heel to right while swiveling left toes to right  
5-6      Touch right toe in while swiveling left heel to right, touch right heel to right while swiveling left toes to right  
7-8      Touch right toe in while swiveling left heel to right, step down on right (you'll be traveling to the right)

## **STEP, HOLD, PIVOT, HOLD, STEP HOLD, PIVOT HOLD**

- 1-2-3-4      Step left foot forward, hold, pivot ½ turn to right on balls of both feet, hold  
5-6-7-8      Step left foot forward, hold, pivot ½ turn to right on balls of both feet, hold

## **GRAPEVINE WITH A ½ TURN, HEELS, TOES, HEELS, TOES**

- 1-2-3-4      Step left to left, step right behind left, step ¼ turn to left on left, make another ¼ turn to left as you step on right  
5-6-7-8      Swivel both heels to right, swivel toes to right, swivel both heels to right, swivel toes to right (you'll be traveling to right again)

## **STEP, HITCH, STEP, HITCH, STEP, HITCH, STEP HITCH**

- 1-2-3-4      Step forward on left, hitch right while slapping right knee, step forward on right, hitch left while slapping left knee  
5-6-7-8      Step forward on left, hitch right while slapping right knee, step forward on right, hitch left while slapping left knee

## **CROSS, UNWIND, CROSS, UNWIND**

- 1-2-3-4      Cross left over right, unwind and transfer weight to left (this is slowly done to 4 beats)  
5-6-7-8      Cross right over left, unwind and transfer weight to right (this is slowly done to 4 beats)

**For styling bend your knees slightly and hold your arms out while unwinding. Gives it that 60's feeling!**

## **TWIST RIGHT, TWIST LEFT, TWIST RIGHT, TWIST LEFT, TWIST RIGHT, TWIST LEFT, TWIST RIGHT, TWIST LEFT**

- 1-2-3-4      Twist to the right on the balls of your feet, twist to the left, twist to the right, twist to the left  
5-6-7-8      Twist to the right on the balls of your feet, twist to the left, twist to the right, twist to the left

**REPEAT**