

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