

# Twisting Time

拍數: 80      牆數: 4      級數: Intermediate  
編舞者: Pauline Kowacz (AUS)  
音樂: Let's Twist Again - Chubby Checker



## HEEL AND TOE TAPS

- 1-4      Touch right toe, then right heel on the spot, replace right next to left and hold  
5-8      Touch left toe, then left heel on the spot, replace left next to right and hold

## TWIST

- 1-4      Moving right twist right, heels, toes, heels and touch left heel forward diagonally and clap  
5-8      Moving left twist left, heels, toes, heels and touch right heel forward diagonally and clap

## HEEL AND TOE ON THE SPOT

- 1-4      Step right forward tap left toe behind, step left down, touch right heel forward  
5-8      Step right down tap left toe behind, step left down, touch right heel forward

## BACK STEPS AND CLAPS

- 1-4      Step right backward tap left heel and clap, step left backward tap right heel and clap  
5-8      Step right backward tap left heel and clap, step left backward tap right heel and clap

## COASTER STEP, SHUFFLE, SAILOR STEPS

- 1&2      Step right back, step left back, step right forward  
3&4      Turning  $\frac{1}{4}$  right step left to side, slide right to left, step left to left side  
5&6-7&8      Step right behind left, left to left side, step right to right side, step left behind right, right to right side, step left to left side

## FORWARD LOCKS AND FULL PIVOT

- 1&2-3&4      Step right forward, lock left behind right, step right forward, step left forward, lock right behind left, step left forward  
5-8      Step right forward turn  $\frac{1}{2}$  left, step right forward turn  $\frac{1}{2}$  left

## MONTEREY AND TWISTING

- 1-4      Touch right to right side, turn  $\frac{1}{2}$  right on ball of left foot, replace right, touch left to left side and replace  
5-8      Twist on the spot, heels to the right and back to center, twice

## BACK BRUSH UP AND TWISTING

- 1-4      Touch right heel forward, flick right behind left knee, touch right heel forward, step right next to left  
5-8      Twist on the spot, heels to the right and back to center, twice

## BACK BRUSH UP AND LEFT WEAVE WITH $\frac{1}{2}$ TURN

- 1-4      Touch left heel forward, flick left behind right knee, touch left heel forward, step left next to right  
5-8      Step right across left, step left to side, step right behind, step left to side turning  $\frac{1}{2}$  left

## SHUFFLE AND ROCK

- 1&2-3-4      Step right to right side, slide left to right, step right to side, step left behind right replace weight on right  
5&6-7-8      Step left to left side, slide right to left, step left to side, step right behind left replace weight on left

REPEAT

---