

拍數: 96 牆數: 2 級數:
編舞者: Jodi Page (AUS)
音樂: The Twist - Ronnie McDowell



- &1-2 (while shimmying shoulders) step right foot forward, touch left toe beside right, hold
&3-4 (while shimmying shoulders) step left foot forward, touch right toe beside left, hold
&5&6 Step right back, touch left toe beside right, step left back, touch right toe beside left
&7&8 Step right back, touch left toe beside right, step left back, touch right toe beside left
- 9-10 (twisting both heels left) step right to right side (turning to front) step left beside right
11-12 (Twisting both heels left) step right to right side (turning to front) step left beside right
- 13-14 (twisting both heels right) step left to left side (turning to front) step right beside left
15-16 (Twisting both heels right) step left to left side (turning to front) step right beside left
- 17-18 Roll both knees to the left
19-20 Roll both knees to the left
21-22 Step right foot to right, slap both thighs with hands
&23-24 Step left toe beside right, step right foot to right, slap both thighs with hands
- 25-28 (with feet apart and traveling left) twist toes in, twist toes out, twist toes in, twist toes out
29-30 Kick right foot forward, kick right foot forward
- 31&32 Step back on right, step left back beside right, step right forward (coaster step)
33&34 Touch left heel forward, step left beside right, touch right heel forward
&35-36 Step right beside left, touch left heel forward, touch left heel forward
- 37-40 (turning full turn left) step on left, step on right, step on left, touch right beside left
41-44 (stepping right foot forward) push hips forward twice, push hips back twice
- 45-46 Step right toe back, drop heel
47-48 (turning ¼ turn right) step left toe back, drop heel
- 49-50 Stomp right foot forward, hold
51-60 Twist both heels right, left, right, left, right, left, right, left, right, left
- 61-62 (turning full turn left with weight in left foot) touch right heel forward, turning ¼ turn left
63-66 Hitch right, touch right heel forward, turning ¼ turn left hitch right, touch right heel turning ¼ turn
67-68 Left hitch right, touch right heel forward, turning ¼ turn left hitch right
- 69-72 (stepping right foot down beside left) twist heels right, clap, twist heels left, clap
73-76 Twist heels to right, twist toes to right, twist heels to right, clap
- 77-80 Step left to left side, kick right foot 45 degrees forward, step right over left, tap left toe behind right
81-84 Step left to left side, kick right foot 45 degrees forward, step right over left, tap left toe behind right
- &85&86 Step left to left side, step right to right side, step left into center, touch right beside left

- 87-88 Kick right foot forward, kick right foot forward
- 89-92 (stepping down on right foot & turning $\frac{1}{4}$ turn left) twist heels right, left, right, left
- 93-94 Step right foot over left, step left foot back
- 95-96 (turning $\frac{1}{2}$ turn right) step right foot forward, step left beside right

REPEAT
