

# Freddy's Twist

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Mary Lou Bartley (CAN)  
音樂: We Really Shouldn't Be Doing This - George Strait



---

## TWIST HEELS, TOES, HEELS, HOOK LEFT, TWIST HEELS, TOES, HEELS, HOOK RIGHT

1-4            Twist heels right, toes right, heels right, hook left heel in front  
5-8            Twist heels left, toes left, heels left, hook right heel in front

## TWIST HEELS, TOES, HEELS, HOOK LEFT, STEP BACK, HOOK STEP BACK, HOOK

9-12           Twist heels right, toes right, heels right, hook left heel in front  
13-16          Step back left, hook right heel in front, step back right, hook left heel in front

## STEP LOCK, STEP TOUCH, JAZZ BOX WITH ¼ TURN LEFT

17-20          Step forward left, slide right foot behind left, step forward left, touch right beside left  
21-24          Cross right over left, step back left turning ¼ turn right, step right to right, step left beside right

## HEEL JACK LEFT AND RIGHT, DOUBLE HIP BUMPS FRONT AND BACK

&25            Step back right, place left heel forward  
&26            Step left together, right together  
&27            Step back left, place right heel forward  
&28            Step right together, left together  
29-32          Bump hips forward twice, bump hips back twice

## PIVOT 1/8 TURN (4 TIMES FOR A ½ TURN)

33-36          Step right forward, pivot 1/8 turn to the left, repeat  
37-40          Step right forward, pivot 1/8 turn to the left, repeat

## VINE RIGHT, VINE LEFT WITH A ½ TURN

41-44          Step right with right, cross left behind right, step right with right, touch left beside right  
45-48          Step left turning ¼ turn left, step right behind left, step left turning ¼ turn left, touch right beside left

## STEP BACK, BACK, HITCH, CROSS, HITCH, CROSS, BACK BACK

49-52          Step back right, step back left, hitch right knee, cross right over left, hitch  
53-56          Left knee, cross left over right, step back right, step left beside right

## STEP, HITCH, CROSS HITCH, CROSS STEP, STOMP STOMP

57-60          Step right forward, hitch left knee, cross left over right, hitch right knee  
61-64          Cross right over left, step back left, stomp right, stomp right

**REPEAT**

---