

Cajun Twist

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Karen Melanson (CAN)
音樂: Rock This Country! - Shania Twain



VINE RIGHT, HEEL SWITCHES, HEEL & TOE SWIVELS

1-2 Step right foot to right side, step left foot behind right foot
3-4 Step right foot to right side, touch left heel forward
&5 Quickly step left foot to home, touch right heel forward
&6 Quickly step right foot to home, touch left heel forward
7-8 Swivel right heel to the right and left toe to the left, return to home

VINE LEFT, HEEL SWITCHES, HEEL & TOE SWIVELS

9-10 Step left foot to left side, step right foot behind left foot
11-12 Step left foot to left side, touch right heel forward
&13 Quickly step right foot home, touch left heel forward
&14 Quickly step left foot home, touch right heel forward
15-16 Swivel left heel to the left and right toe to the right, return to home

RIGHT & LEFT HEEL GRINDS, RIGHT SWIVEL

17-19 Rock right heel forward, rock back left with right toe to right, step right foot beside left
20-22 Rock left heel forward, rock back right with left toe to left, step left foot beside right
23-24 Swivel both heels to the right, swivel both heels home

LEFT & RIGHT HEEL GRINDS, LEFT SWIVEL

25-27 Rock left heel forward, rock back right with left toe to left, step left foot beside right
28-30 Rock right heel forward, rock back left with right toe to right, step right foot beside left
31-32 Swivel both heels to the left, swivel both heels home

SHUFFLE, KICKS WITH ½ TURN RIGHT, SHUFFLE, KICKS WITH ½ TURN LEFT

33&34 Step right foot forward & step left foot next to right, step right foot forward
35-36 Kick left foot forward, pivot ½ right and kick left foot back
37&38 Step left foot forward & step right foot next to left, step left foot forward
39-40 Kick right foot forward, pivot ½ turn left and kick right foot back

VINE RIGHT, LEFT VINE, ¼ TURN LEFT

41-42 Step right foot to right side, step left foot behind right foot
43-44 Step right foot to right side, touch left toe next to right foot and clap
45-46 Step left foot to left side, step right foot behind left foot
47-48 Step left foot to left side turning ¼ to left, touch right toe next to left foot and clap

RIGHT SIDE SHUFFLE, ROCK STEP, STOMPS, RIGHT SWIVELS

49&50 Step right foot to right side & step left foot next to right, step right foot to right side
51-52 Rock back on left foot, step forward on right foot
53-54 Stomp left foot to left side, stomp right foot next to left foot
55-56 Swivel both heels to the right, swivel both heels home

LEFT SIDE SHUFFLE, ROCK STEP, STOMPS, LEFT SWIVELS

57&58 Step left foot to left side & step right foot next to left, step left foot to left side
59-60 Rock back on right foot, step forward on left foot
61-62 Stomp right foot to right side, stomp left foot next to right foot

63-64

Swivel both heels to left side, swivel both heels home

REPEAT
