

Mini Twist

拍數: 64 牆數: 4 級數: Improver
編舞者: Jette Elmann Sørensen (DK) - July 2006
音樂: Twist of Love - Sidsel Ben Semmane : (Dansk Melodi Grand Prix 2006)



Intro: 3 x 8 count intro ? start on vocals

Section 1 Vine right, kick to left diagonal ? left, cross, left ? kick to right diagonal

1 ? 4 Step right to right side. Cross left behind right. Step right to right side. Kick left diagonally forward left.
5 ? 8 Step left to left side. Cross right over left. Step left to left side. Kick right diagonally forward right.

Section 2 Toe strut forward right, left, right, left

1- 4 Step forward on right toe, drop heel taking weight, Step forward on left toe, drop heel taking weight.
5 ? 8 Repeat.

Section 3 Vine right, kick to left diagonal ? left, cross, left ? kick to right diagonal

(same as section 1)

1 ? 4 Step right to right side. Cross left behind right. Step right to right side. Kick left diagonally forward left.
5 ? 8 Step left to left side. Cross right over left. Step left to left side. Kick right diagonally forward right.

Section 4 Toe strut back right, left, right, left

1- 4 Step back on right toe, drop heel taking weight, Step back on left toe, drop heel taking weight.
5 ? 8 Repeat. Ending with weight on both feet.

Section 5 Travelling swivels right ? clap ? heels to the left ? clap ? heels to the right ? clap

1 ? 4 Heels to the right, toes the right, heels to the right, hold and clap your hands.
5 ? 8 Heels to the left, clap, heels to the right, clap.

Section 6 Travelling swivels left ? clap ? heels to the right ? clap ? to the left ? clap

1 ? 4 Heels to the left, toes the left, heels to the left, hold and clap your hands.
5 - 8 Heels to the right, clap, heels to the left, clap.

Section 7 Freestyle twist on the spot

1 ? 8 Freestyle twist on the spot.