

# Twist

拍數: 56      牆數: 2      級數: Improver  
編舞者: Unknown - February 2008  
音樂: Old Time Buddy - Gallen Law



Intro: 16 count

Alternate music: Any jive or swing tempo

Start position - both feet together.

## HEEL TWIST, HOLD, HEEL TWIST, HOLD, HEEL TWISTS R,L,R,L,

1,2      Twist both heels to the right, HOLD  
3,4      Twist both heels to the left, HOLD  
5,6      Twist Heels Right, Twist heels left  
7,8      Twist Heels Right, Twist heels left (weight on left)

## EXTENDED RIGHT LOCK STEP, ½ HITCH TURN RIGHT

1,2,      Step forward on right, Lock left behind right (Option:With Shimmy Shoulder)  
3,4      Step forward on right, Lock left behind right  
5,6      Step forward on right, Lock left behind right  
7,8      Step forward on right, Make ½ hitch turn right (Hitch left and pivot on ball of right) (6.00)

## EXTENDED LEFT LOCK STEP, ½ HITCH TURN LEFT WITH SCUFF

1,2      Step forward on left, Lock right behind left (Option:With Shimmy Shoulder)  
3,4      Step forward on left, Lock right behind left  
5,6      Step forward on left, Lock right behind left  
7,8      Step forward on left, Make ½ hitch turn left (Hitch right and pivot on ball of left) (12.00)

## VINE RIGHT WITH ¼ RIGHT, ¼ RIGHT WITH LEFT SCUFF, VINE LEFT, CROSS

1,2      Step right to right side, Cross left behind right  
3,4      Make ¼ turn right stepping forward on right, Make ¼ turn right scuffing the left (6.00)  
5,6      Step left to left side, Cross right behind left  
7,8      Step left to left side, Cross right over left

## TOE-HEEL-CROSS LEFT, RIGHT, LEFT

1,2,3      Touch left toes in towards right, Tap left heel beside right, Cross left over right  
4,5,6      Touch tight toe in towards left, Tap right heel beside left, Cross right over left  
7,8,1      Touch left toes in towards right, Tap left heel beside right, Cross left over right

## TOE-HEEL-CROSS LEFT, RIGHT, TOGETHER

2,3,4      Touch right toe in towards left, Tap right heel beside left, Cross right over left  
5,6,7      Touch left toes in towards right, Tap left heel beside right, Cross left over right  
8      Step right next to left

## HEEL TWISTS RIGHT, LEFT, RIGHT, RIGHT HITCH, VINE RIGHT, TOGETHER

1,2,3      Twist Heels Right, Twist heels left, Twist Heels Right (travelling to right)  
4,5      Hitch right up, Step right to right side  
6,7,8      Cross left behind right, Step right to right side, Step left next to right (6.00)

Start again!

Documented by George Crutchlow & Winnie Yu

