Homey Twist

拍數: 48

級數: Improver

編舞者: Annie Saerens (BEL) - December 2008

音樂: Come On Homie "Let's Do The Twist" - DJ Casper

牆數:1

SIDE STEP, TOG, SIDE STEP, JUMP(CLAP), SIDE STEP, TOG, SIDE STEP, JUMP(CLAP)

- 1-2-3-4 R side step, together with L, R side step, jump in place together with L (clap)
- 5-6-7-8 L side step, together with R, L side step, jump in place together with R (clap)

SIDE STEP, JUMP(CLAP), SIDE STEP, JUMP(CLAP), JAZZ BOX

- 1-2-3-4 R side step, jump in place together with L (clap), L side step, jump in place together with R (clap)
- 5-6-7-8 Cross over with R, back step with L, R side step, together with L

1⁄4 TURN L, TOUCH, SIDE STEP, 1⁄4 TURN R, TOUCH, 1⁄4 TURN R, TOUCH, 1⁄4 TURN L, TOUCH

- 1-2-3-4 1⁄4 turn to L stepping side with R, touch beside with L, L side step, 1⁄4 turn to R together with a R touch
- 5-6-7-8 ¹/₄ turn to R stepping side with R, touch beside with L, ¹/₄ turn to L stepping forward with L, touch R beside

LONG SIDE STEP, CROSS TOUCH, TOUCH, CROSS TOUCH, $^{\prime\prime}$ TURN L, R FORWARD STEP, $^{\prime\prime}$ TURN, $^{\prime\prime}$ TURN STEP, TOGETHER, STEP

- 1-2-3-4 Long R side step, L cross touch behind, L touch to side, L cross touch behind
- 5-6&7&8 ¼ turn L stepping forward with L, R fwd step, ½ turn to L (weight on R),¼ turn to L stepping forward with L, beside with R, L forward step

ROCKING CHAIR, ½ TURN SHUFFLE, BACK ROCK STEP

- 1-2-3-4 Rock forward with R, recover onto L, rock back with R, recover onto L
- 5&6-7-8 ¹/₂ turn shuffle to L (R,L,R), rock back with L, recover onto R

1/2 TURN SHUFFLE, BACK ROCK STEP, HEEL BALL STEP, HEEL BALL STEP

- 1&2-3-4 ¹/₂ turn shuffle to R (L,R,L), rock back on R, recover on to L
- 5&6-7&8 R forward heel touch, together with R, L forward step bending both knees, R forward heel touch, together with R, L forward step bending both knees

REPEAT

TAG

After dancing 4 times add following 16 counts

1/4 PIVOT TURNS (X2)

1-2-3-4 R forward step, ¼ turn to L, R forward step, ¼ turn to L

LITTLE FORWARD STEP, DIAGONAL FORWARD HEEL TOUCHES

5-6-7-8 Little R forward step (bending knees), diagonal forward L heel touch (raising legs) together with

R(bending knees), forward R heel touch (raising legs)

Repeat these 8 counts

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