

Twistin'

拍數: 0 牆數: 2 級數: Phrased Beginner
編舞者: Benny Ray (DK) - April 2010
音樂: Twistin' the Night Away - Sam Cooke



Sequence: A A B A A B A A A B A A (part B is always facing 12:00)

PART A

4x Toe Strut Forward

1-2 Step right toe forward, drop right heel down
3-4 Step left toe forward, drop left heel down
5-6 Step right toe forward, drop right heel down
7-8 Step left toe forward, drop left heel down

Toe Strut Jazz Box With ¼ Turn Right

9-10 Cross right toe in front of left, drop right heel down
11-12 Step back on left toe, drop left heel down
13-14 Step ¼ turn to the right on right toe, drop right heel down
15-16 Step left toe forward, drop left heel down

Toe Strut Jazz Box With ¼ Turn Right

17-18 Cross right toe in front of left, drop right heel down
19-20 Step back on left toe, drop left heel down
21-22 Step ¼ turn to the right on right toe, drop right heel down
23-24 Step left toe forward, drop left heel down

4x Heel Grind Traveling Left

25-26 Cross right heel over left foot (twist right toe left), step left to the side (twist right toe right)
27-28 Cross right heel over left foot (twist right toe left), step left to the side (twist right toe right)
29-30 Cross right heel over left foot (twist right toe left), step left to the side (twist right toe right)
31-32 Cross right heel over left foot (twist right toe left), step left to the side (twist right toe right)

PART B

Twist And Clap

1-4 Twist heels right, twist toes right, twist heels right, clap
5-8 Twist heels left, twist toes left, twist heels left to center, clap

2x ½ Monterey Turn Right

9-10 Point right toe to the side, make ½ turn right closing right next to left
11-12 Point left to side, close left next to right
13-14 Point right toe to the side, make ½ turn right closing right next to left
15-16 Point left to side, close left next to right

Twist And Clap

17-20 Twist heels right, twist toes right, twist heels right, clap
21-24 Twist heels left, twist toes left, twist heels left to center, clap

2x ½ Monterey Turn Right

25-26 Point right toe to the side, make ½ turn right closing right next to left
27-28 Point left to side, close left next to right
29-30 Point right toe to the side, make ½ turn right closing right next to left
31-32 Point left to side, close left next to right

