

# 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

