

Twist

拍數: 32 牆數: 2 級數: Improver
編舞者: Clare Bull (UK) - October 2011
音樂: Twist - Miss 600 : (3:01)



INTRO: STARTS ON LYRICS

TOUCH FWD, STEP BACK, COASTER STEP, SHUFFLE FWD, STEP 1/4 CROSS

1-2 Touch Right toe fwd, step back on right
3&4 Step back on left, step right next to left, step fwd on left
5&6 Step fwd on right, step together with left, step fwd on right
7&8 Step fwd on left, pivot 1/4 right taking weight on right, cross left over right

TOUCH OUT-IN, SIDE DRAG, BEHIND 1/4 TURN, MAMBO STEP, LOCK STEP BACK

1& Touch right toe to right side, touch right toe next to left
2& Make a long step to right, drag left toe next to right
3&4 Cross left behind right, step fwd on right making a 1/4 turn right, step fwd on left
5&6 Rock fwd on right, recover weight on left, step back on right
7&8 Step back on left, lock right over left, step back on left

***RESTART HERE DURING WALL 5**

TOE HEEL CROSS X2, COASTER STEP, PADDLE 1/4 TURN X2

1&2 Touch right toe together, touch right heel to side, cross right over left
3&4 Touch left toe to together, touch left heel to side, cross left over right
5&6 Step back on right, step left next to right, step fwd on right
7&8& Hitch left foot up while turning ¼ right on right, point left to side x2

CROSS SAMBA X2, MAMBO 1/2 TURN, STEP 1/2 TURN X2

1&2 Cross step Left Forward over Right, Rock Right to Right side, Recover weight on Left
3&4 Cross step Right Forward over Left, Rock Left to Left side, Recover weight on Right
5&6 Rock fwd on left, recover weight on right, make 1/2 turn left taking weight on left
7&8& Step forward on right, pivot 1/2 turn left, step forward on right, pivot 1/2 turn left

Repeat

***RESTART: DURING WALL 5 AFTER 16 COUNTS**

ENDING AT THE END OF WALL 8:

CROSS SAMBA X2, MAMBO 1/2 TURN, STEP 1/2 STEP, HOLD

1&2 Cross step right Forward over left, Rock left to left side, Recover weight on right
3&4 Cross step left Forward over right, Rock right to right side, Recover weight on left
5&6 Rock fwd on right, recover weight on left, make 1/2 turn right taking weight on right
7&8& Step forward on left, pivot 1/2 turn right, step forward on left, hold