

Twist 600

拍數: 64 牆數: 2 級數: Low Intermediate
編舞者: Ines Maaß (DE) - January 2012
音樂: Twist - Miss 600



Intro 24 Counts

R Point Across, Point Side, Point Across, Point Side, Flick, Point Side, Cross Side, Cross Shuffle

1 – 2 point right toes across LF, point right toes to right side,
3 & point right toes across LF, point right toes to right side,
4 & flick RF behind left leg, point right toes to right side,
5 – 6 cross RF over LF, step LF to left side,
7 & 8 cross RF over LF, step LF to left, cross RF over LF

Side Sway, Swivets, Side Slide, Swivets

1 – 2 step LF to left side and sway hips left and right,
3&4& place weight on left heel and right ball and turn both toes to left, turn both toes back to center,
(3 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to
center, (4 &) (take weight on LF)
5 – 6 big step to right side with RF, slide LF to RF,
7 & 8 & place weight on left heel and right ball and turn both toes to left, turn both toes back to center,
(7 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to
center, (8 &) (take weight on RF)

L Point Across, Point Side, Point Across, Point Side, Flick, Point Side, Cross Side, Cross Shuffle

1 – 2 point left toes across RF, point left toes to left side,
3 & point left toes across RF, point left toes to left side,
4 & flick LF behind right leg, point left toes to left side,
5 – 6 cross LF over RF, step RF to right side,
7 & 8 cross LF over RF, step RF to right, cross LF over RF,

Side Sway, Swivets, Side Slide, Swivets

1 – 2 step RF to right side and sway hips right and left,
3&4& place weight on left heel and right ball and turn both toes to left, turn both toes back to center,
(3 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to
center, (4 &) (take weight on RF)
5 – 6 big step to left side with LF, slide RF to LF,
7 & 8 & place weight on left heel and right ball and turn both toes to left, turn both toes back to center,
(7 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to
center, (8 &) (take weight on LF)

R Rock Forward, Shuffle ½ Turn R, Step ¼ Turn R 2 x

1 – 2 step forward on RF, recover on LF,
3 & 4 ¼ turn right and step RF to right side, step LF together, ¼ turn right and step forward on RF,
5 – 6 step forward on LF, ¼ turn right (take weight on RF),
7 – 8 step forward on LF, ¼ turn right (take weight on RF),

(Styling: on Counts 5 – 8 sway hips and bend elbows, hands shoulder height, palms to front and turn hands from left to right)

L Rock Forward, Shuffle ½ Turn L, Step ¼ Turn L 2 x

1 – 2 step forward on LF, recover on RF,
3 & 4 ¼ turn left and step LF to left side, step RF together, ¼ turn left and step forward on LF,
5 – 6 step forward on RF, ¼ turn left (take weight on LF),

7 – 8 step forward on RF, ¼ turn left (take weight on LF),
(Styling: on Counts 5 – 8 sway hips and bend elbows, hands shoulder height, palms to front and turn hands from right to left)

Jazz Box Cross, 3 Step Turn R, Slide

1 – 4 cross RF over LF, step back on LF, step RF to right side, cross LF over RF,
5 – 8 ¼ turn right and step forward on RF, ½ turn right and step back on LF, ¼ turn right and big step to right side on RF, slide LF to RF,

3 Step Turn L, Slide, Side Slide, Touch Behind Unwind ½ Turn L

1 – 4 ¼ turn left and step forward on LF, ½ turn left and step back on RF, ¼ turn left and big step to left on LF, slide RF to LF,
5 – 6 big step to right side on RF, slide LF to RF,
7 – 8 touch left toes behind RF, unwind ½ turn left and take weight on LF.

Start dance from the beginning.

Ending: Dance wall 4 until the end of 7th section, than:

1 ½ Turn L

1 – 4 ¼ turn left and step forward on LF, ½ turn left and step back on RF, ½ turn left and step forward on LF, ¼ turn left and step RF to right side.
