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| Valerie's Twist & Shout |  |

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| . | | | | | | |
| **Count:** | 32 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Chris Hookie (USA) - February 2016 | | | | |
| **Music:** | Valerie - Amy Winehouse | | | | |
| . | | | | | | |

**Alt. songs:-**

**Twist & Shout - Mary Chapin Carpenter (196 BPM)**

**Thomas Rhett - Crash & Burn (132 BPM)**

**Rodney Crowell - Lovin’ All night (180 BPM)**

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**POINT, POINT, SIDEWARD SHUFFLE**

|  |  |
| --- | --- |
| 1& | Tap right toe to the side, lift |

|  |  |
| --- | --- |
| 2& | Tap right toe to the side, lift |

|  |  |
| --- | --- |
| 3& 4& | Sidewards Shuffle right |

**POINT, POINT, SIDEWARD SHUFFLE**

|  |  |
| --- | --- |
| 5& | Tap left toe to the side, lift |

|  |  |
| --- | --- |
| 6& | Tap left toe to the side, lift |

|  |  |
| --- | --- |
| 7& 8& | Sideward Shuffle left |

**SIDE BALL CROSS, SIDE BALL CROSS FWD 2X’s**

|  |  |
| --- | --- |
| 9& | Put weight onto right foot, shift weight onto left foot |

|  |  |
| --- | --- |
| 10& | Cross right foot in front of left foot and accept the weight and hold |

|  |  |
| --- | --- |
| 11& | Put weight onto left foot, shift weight onto right foot |

|  |  |
| --- | --- |
| 12& | Cross left foot in front of right foot and accept the weight and hold |

**SIDEWARD SHUFFLE (\*OR 3 CT REVERSE TURN) RIGHT, KICK BALL TOUCH**

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| --- | --- |
| 13& 14 | Right foot slide to the right , left foot slide together, right foot slide to the right & make a ¼ turn right |

|  |  |
| --- | --- |
| 15& 16& | Left foot Kick Ball touch up with right foot (weight on left foot) |

**(\* 13& 14 Right foot step sideward right & start ¾ turn left, left foot step behind right foot and finish a ¾ turn left, right foot center)**

**¼ PUSH STEP TURN LEFT IN PLACE, SHUFFLE FWD**

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| --- | --- |
| 17& 18& | Push right foot right, step on left foot, Push right foot right, step on left foot – all the while making a ¼ turn left |

|  |  |
| --- | --- |
| 19& 20 | Three ct. Shuffle forward- right foot lead |

**½ PUSH STEP TURN RIGHT IN PLACE, SHUFFLE FWD**

|  |  |
| --- | --- |
| 21& 22& | Push left foot left, step on right foot, Push left foot left, step on right foot – all the while making a ¼ left |

|  |  |
| --- | --- |
| 23& 24 | Three ct. Shuffle forward- left foot lead |

**SIDE BALL CROSS BKWD, SIDE BALL CROSS BKWD**

|  |  |
| --- | --- |
| 25& | Right foot step to the right, shift weight onto left foot |

|  |  |
| --- | --- |
| 26& | Cross right foot in back of left foot and accept the weight and hold |

|  |  |
| --- | --- |
| 27& | Left foot step to the left, shift weight onto right foot |

|  |  |
| --- | --- |
| 28& | Cross left foot in back of right foot and accept the weight and hold |

**SIDE BALL CROSS FWD, SIDE BALL ¼ RIGHT, CENTER**

|  |  |
| --- | --- |
| 29& | Right foot step to the right, shift weight onto left foot |

|  |  |
| --- | --- |
| 30& | Cross right foot in front of left foot and accept the weight and hold |

|  |  |
| --- | --- |
| 31& | Left foot step to the left, shift weight onto right foot and start a ¼ turn right |

|  |  |
| --- | --- |
| 32& | Finish ¼ right- left foot step forward, center – weight on left foot. |

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