|  |  |
| --- | --- |
| At the Twist and Shout |  |

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| . |
| **Count:** | 32 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Roger Neff (USA) - April 2021 |
| **Music:** | Down At the Twist and Shout - Mary Chapin Carpenter |
| . |

**Intro: 16 counts - No tags or restarts**

**[1-8] R AND L LOCK STEPS FORWARD, MAMBO STEP, HITCH, COASTER STEP**

|  |  |
| --- | --- |
| 1&2 | Step fwd on RF, Lock LF, Step fwd on RF |

|  |  |
| --- | --- |
| 3&4 | Step fwd on LF, Lock RF, Step fwd on LF |

|  |  |
| --- | --- |
| 5&6& | Rock fwd on RF, Recover on LF, Step back on RF, L Hitch |

|  |  |
| --- | --- |
| 7&8 | Step back on LF, Close RF, Step fwd on LF |

**[9-16] POINT R TOE OUT-IN-OUT, CROSS SHUFFLE, TRIPLE STEP ¼ L, TRIPLE STEP ¼ L (6:00)**

|  |  |
| --- | --- |
| 1&2 | Point R toe out-in-out |

|  |  |
| --- | --- |
| 3&4 | Step RF over LF, Step to L, Step RF over LF |

|  |  |
| --- | --- |
| 5&6 | Triple step L,R,L turning ¼ to L (9:00) |

|  |  |
| --- | --- |
| 7&8 | Triple step R,L,R turning ¼ to L (6:00) |

**[17-24] STEP L BEHIND R, STEP RF BESIDE LF, HEEL, STEP, CROSS SHUFFLE, STEP BACK ON LF, TOUCH R TOE BESIDE L, BACK ON RF, TOUCH L TOE BESIDE RF, L COASTER STEP**

|  |  |
| --- | --- |
| 1&2& | Step back on LF behind RF, Step on RF beside LF, Touch L heel forward, Step back on LF |

|  |  |
| --- | --- |
| 3&4 | Step RF over LF, Step to L, Step RF over LF |

|  |  |
| --- | --- |
| 5&6& | Step back on LF, Touch R toe beside LF, Step back on RF, Touch L toe beside RF |

|  |  |
| --- | --- |
| 7&8 | Step Back on LF, Close RF, Step fwd on LF |

**[25-32] R SIDE ROCK CROSS WITH TOE-HEEL, L SIDE ROCK CROSS WITH TOE-HEEL, POINT R AND L TOES TO SIDE AND BACK, TOUCH R AND L HEELS FORWARD AND BACK**

|  |  |
| --- | --- |
| 1&2& | Rock to R, Recover on LF, Cross RF over LF on ball of foot, Drop heel |

|  |  |
| --- | --- |
| 3&4& | Rock to L, Recover on RF, Cross LF over RF on ball of foot, Drop heel |

|  |  |
| --- | --- |
| 5&6& | Point R toe to side, Step home, Point L toe to side, Step home |

|  |  |
| --- | --- |
| 7&8& | Touch R heel forward, Step home, Touch L heel forward, Step home |

**Contact Roger at: lingofun@sbcglobal.net**