Jive Twist

Compte: 32

Niveau: Beginner / Improver

Chorégraphe: Zaldy Lanas (IT) - May 2022

Musique: Twistin' the Night Away - Sam Cooke

Introduction: 8 counts. Start on vocal @ 8 seconds. NO TAGS ! NO RESTARTS !

*Step sheet by: Ira Weisburd

PART I. (ROCK BACK, RECOVER, TOUCH, STEP, TOUCH, STEP, ROCK BACK, RECOVER; TOUCH, STEP, FORWARD, PIVOT 1/2 L TURN, TOUCH, STEP, FORWARD, PIVOT 1/2 R TURN)

- 1&2& Rock back onto L, Recover forward onto R, Touch L toe beside R, Step L in place
- 3&4& Touch R toe beside L, Step R in place, Step L back, Recover forward onto R
- Touch L toe forward, Step L in place, Step R forward, Pivot 1/2 L Turn onto L (6:00) 5&6&
- 7&8& Touch R toe forward, Step R in place, Step L forward, Pivot 1/2 R turn onto R (12:00)

PART II. (TOUCH, STEP, ROCK BACK, RECOVER, TOUCH, STEP, ROCK BACK, RECOVER; TWIST HEELS L, R, L, LIFT R, TWIST HEELS R, L, R LIFT L)

- 1&2& Touch L toe to L, Step L in place, Rock back onto R, Recover forward onto L
- 3&4& Touch R toe to R, Step R in place, Rock back onto L, Recover forward onto R
- 5&6& Step L slightly forward, feet apart & Twist both heels to the L, then R, then L & Flick R back.
- Step R slightly back, feet apart & Twist both heels to the R, then L, then R & Flick L back 7&8&

PART III. (TOUCH, STEP, TOUCH, STEP, TOUCH, STEP, TOUCH, STEP; TWIST HEELS L, R, L, R, L, R, L, R)

- 1&2& Touch L toe forward, Step L beside R, Touch R toe forward, Step R beside L
- Touch L toe forward, Step L beside R, Touch R toe forward, Step R beside L 3&4&
- 5&6& Twist both heels L, R, L, R
- Twist both heels L, R, L, R 7&8&

PART IV. (1/4 L TURN. 1/4 L TURN. 1/4 L TURN. 1/4 L TURN: TWIST HEELS L. R. L. LIFT R. TWIST HEELS R.L R. LIFT L)

- Touch L toe to L making 1/4 L (9:00), Step L in place, Touch R toe forward making 1/4 L 1&2& (6:00),
- Touch L toe forward making 1/4 L (3:00), Step L in place, Touch R toe forward making 1/4 L 3&4& (12:00)
- 5&6& Step L slightly forward, feet apart & Twist both heels to the L, then R, then L & Flick R back.
- 7&8& Step R slightly back, feet apart & Twist both heels to the R, then L, then R & Flick L back

REPEAT DANCE.

NOTE: You can replace the single counts ie. Touch, Steps with Triple Steps after the first few times.

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