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| East Hill Twist (P) |  |

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| **拍数:** | 32 | **墙数:** | 0 | **级数:** | Beginner Partner | . |
| **编舞者:** | Dan Albro (USA) - January 2017 |
| **音乐:** | Wake Me Up - Billy Currington |
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**Choreographed for: East Hill Farms December 2015 Country Dance Weekend**

**Intro: 16 count intro. - Side by side position. Mans footwork described.**

**Same footwork except where noted.**

**[1-8] WALK, WALK, WALK, KICK, BACK, BACK, COASTER STEP**

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| 1,2,3,4 | Step fwd R, step fwd L, step fwd R, kick L fwd |

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| 5,6,7&8 | Step back L, step back R, step back L, step R next to L, step fwd L |

**[9-16] STEP, ¼ PIVOT TWIST, TWIST, ¼ TURN, ¼ TURN, TWIST, TWIST, ¼ TURN**

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| 1,2,3 | Step fwd R, pivot ¼ left (ILOD) twisting left, twist right weight on R |

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| --- | --- |
| 4,5,6 | Pivot ¼ left weight on L (BLOD), step fwd R, pivot ¼ left (OLOD) twisting left |

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| --- | --- |
| 7,8 | Twist right weight on R, pivot ¼ left weight on L (FLOD) |

**Hands: -**

**On count 1 release left hands and bring right hands over ladies head.**

**On count 2 pick up left hands, On count 4 release right hands**

**On count 5 bring left hands over ladies head and pick up right hands**

**[17-24] 4 SHUFFLES FWD, LADY TURNS (OPTIONAL)\***

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| 1&2,3&4 | \* Step fwd R, step L next to R, step fwd R, step fwd L, step R next to L, step fwd L |

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| --- | --- |
| 5&6 | \*,7&8 Step fwd R, step L next to R, step fwd R, step fwd L, step R next to L, step fwd L |

**\* Ladies optional full turn:**

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| --- | --- |
| 3&4 | Turn ¼ right stepping side L (OLOD), step R next to L, turn ¼ right stepping back L (BLOD) |

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| --- | --- |
| 5&6 | Turn ¼ right stepping side R (ILOD), step L next to R, turn ¼ right stepping fwd R (FLOD) |

**Hands:-**

**On count 3 release left hands, on count 5 bring right hands over ladies head**

**On count 6 pick up left hands**

**[25-32] ROCK, REPLACE, ¼ TURN, SHUFFLE SIDE, CROSS ROCK, REPLACE, ¼ SHUFFLE FWD**

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| 1,2 | Rock fwd R, replace weight on L |

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| --- | --- |
| 3&4 | Turn ¼ right stepping side R (OLOD), step L next to R, turn ¼ right stepping fwd R (BLOD) |

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| --- | --- |
| 5,6 | Rock fwd L, replace weight on R |

|  |  |
| --- | --- |
| 7&8 | Turn ¼ left stepping side L (OLOD), step R next to L, turn ¼ left stepping fwd L (FLOD) |

**Repeat**

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