

# Zig Zag

拍数: 48      墙数: 2      级数: Beginner  
编舞者: Raimon Alzamora (ES) - April 2023  
音乐: The Twist - Hank Ballard & The Midnighters



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## RIGHT SWIVELS with hold, LEFT SWIVELS with hold

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|-----|---------------------------------|
| 1-2 | Heels to right, points to right |
| 3-4 | Heels to right, points to right |
| 5-6 | Heels to right, points to right |
| 7-8 | Heels to right, hold            |
| 1-2 | Heels to left, points to left   |
| 3-4 | Heels to left, points to left   |
| 5-6 | Heels to left, points to left   |
| 7-8 | Heels to left, hold             |

## FULL TURN: STEPTOGETHER x 4, RIGHTSWIVEL STOMP LEFTSWIVEL STOMP

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|-----|--|
| 1-2 | Step fwd Rf with quarter turn to left, together Lf (stomp)           |
| 3-4 | Step to left Lf with quarter turn to left, together Rf (scuff stomp) |
| 5-6 | Step fwd Rf with quarter turn to left, together Lf (stomp)           |
| 7-8 | Step to left Lf with quarter turn to left, together Rf (stomp)       |
| 1-2 | HeelR to right, pointR to right                                      |
| 3-4 | HeelR to right, stomp together Lf                                    |
| 5-6 | HeelL to left, pointL to left  |
| 7-8 | HeelL to left, stomp together Rf                                     |

## MONTERREY, TWIST with HOLDS, STEPTOGETHER x 4 (the K)

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|-----|---|
| 1-2 | To mark point Rf to right, 1/2 turn behind in place together Rf |
| 3-4 | To mark point Lf to left, together Lf                           |
| 5-6 | Heels to right, hold  |
| 7-8 | Heels to left, hold   |
| 1-2 | Step diagonal fwd right Rf, together Lf                         |
| 3-4 | Step to center Lf, together Rf                                  |
| 5-6 | Step diagonal back right Rf, together Lf                        |
| 7-8 | Step to center Lf, together Rf                                  |
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