

Mongoose Twist

COPPER **NOB**
BY STEPHEN HETS

拍数: 48 墙数: 2 级数: Beginner
编舞者: Cherie Belle Johnson & Jo Siebler
音乐: The Twist - Chubby Checker



STEP TURN ¼ TURN RIGHT FOUR TIMES FOR A FULL RIGHT TURN

- 1 Step forward on ball of left foot
- 2 Turn ¼ turn right while twisting from right hip to left hip
- 3-8 Repeat 1-2 three more times until return to original wall

LEFT GRAPEVINE WITH HEEL TWISTS

- 1 Step left to the left
- 2 Cross right behind left
- 3 Step left to the left
- 4 Step right next to left
- 5-8 Twist heels to the right, left, right, left

RIGHT GRAPEVINE WITH HEEL TWISTS

- 1 Step right to the right
- 2 Cross left behind right
- 3 Step right to the right
- 4 Step left next to right
- 5-8 Twist heels to the left, right, left, right

STEP FORWARD, SLIDE, FORWARD, HITCH AND TURN ½ TURN LEFT, STEP BACK RIGHT, LEFT, RIGHT, LEFT

- 1 Step forward on left
- 2 Slide right up to left
- 3 Step forward on left
- 4 Hitch right knee as you turn ½ turn left on left
- 5 Step back on right
- 6 Step back on left
- 7 Step backward on right
- 8 Step left next to right

TWIST LEFT-HEELS, TOES, HEELS, CLAP, TWIST RIGHT-HEELS, TOES, HEELS, CLAP

- 1 Twist heels left
- 2 Twist toes left
- 3 Twist heels left
- 4 Clap
- 5 Twist heels right
- 6 Twist toes right
- 7 Twist heels right
- 8 Clap

TWIST HEELS LEFT, CLAP, RIGHT, CLAP, TWIST HEELS LEFT, RIGHT, LEFT, RIGHT

- 1 Twist heels left
- 2 Clap
- 3 Twist heels right
- 4 Clap
- 5-8 Twist heels left, right, left right

REPEAT
