

Twist & Shout

拍数: 16 墙数: 4 级数:
编舞者: Jenny Rockett (UK)
音乐: Down At the Twist and Shout - Mary Chapin Carpenter



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| 1& | Rock forward on to right foot and back on to left foot |
| 2& | Rock back on to right foot and forward on to left foot |
| 3&4 | Right step forward, left foot close to right foot, right step forward |
| 5& | Rock forward on to left foot and back on to right foot |
| 6& | Rock back on to left foot and forward on to right foot |
| 7&8 | Left step forward, right close to left foot, left step forward |
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| 9& | Rock forward on to right foot and back on to left foot |
| 10 | Right foot step back with $\frac{1}{4}$ turn to right |
| & | Left foot step to right foot |
| 11 | Right foot step to right with $\frac{1}{4}$ turn to right |
| & | Left foot touch to right foot |
| 12 | Left foot step forward $\frac{1}{4}$ turn to right |
| & | Right foot step to left foot |
| 13 | Left foot step to left |
| & | On ball of left foot $\frac{1}{2}$ turn to right |
| 14& | Step right foot to right, left foot touch to right foot |
| 15& | Left foot to left, right foot step to left foot |
| 16& | Left foot step to left, right foot touch to left foot |

REPEAT
