

Hitch N' Twist

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Maureen Jones (UK) & Michelle Jones (UK)
音乐: Six Days On the Road - BR5-49



ROCK, ¼ TURN, STEP & ¼ TURN, HITCH & ¼ TURN, STEP & THUMB FLICKS, HOLD

- 1-2 Rock forward onto left, rock back onto right making a ¼ turn left
3-4 Step left to left making a ¼ turn left, on ball of left make a ¼ turn left and hitch right
5 Step right to right and with right hand clenched forward at chest height, thumb upwards, twist right hand quickly from left to right so that thumb flicks back (i.e. Hitching a lift)
6-8 Flick thumb back twice more, hold

Bounce body a little further to the right with each thumb flick

¼ TURN & STEP, HOLD, ROCK, HOLD, SCUFF, HITCH & SCOOT, STEP

- 9-12 Make a ¼ turn right & step left to left, hold, rock back onto right, hold
13-16 Rock forward onto left, scuff right forward, hitch right while scooting forward on left, step right slightly to right

HEEL TWIST, HOLD, HEEL TWIST, HOLD, HEEL & TOE TWISTS WITH ¼ TURN

- 17-20 Twist both heels right, hold, twist both heels left, hold
21-24 Making a gradual ¼ turn to the right across counts 21-24 twist both heels right, twist both toes right, twist both heels right, twist both toes right

SLOW JAZZ BOX WITH FINGER CLICKS

- 25-28 Step left across right, hold and click fingers, step right back, hold and click fingers
29-32 Step left to left, hold and click fingers, step right beside left, hold and click fingers

REPEAT
