

Twist

拍數: 32 牆數: 2 級數: Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - February 2007
音樂: Let's Twist Again - Chubby Checker



Step, Turn 1/2 left, Step, Touch Step, Touch, Step, Touch

- 1 - 2 Step right forward, Turn 1/2 left on ball of right (reverse weight to left).
- 3 - 4 Step right foot diagonally forward, Touch left beside right.
- 5 - 6 Step left foot diagonally forward, Touch right beside left.
- 7 - 8 Step right foot to right, Touch left beside right.

Stomp left, Fan Heel in, Toe in, Heel in, Step, Touch, Step, Touch

- 9 - 10 Stomp left to left side, Fan right heel in towards left
- 11 - 12 Fan right toe in towards left, Fan right heel in towards left.
- 13 - 14 Step right to right, Touch left beside right.
- 15 - 16 Step left to left, Touch right beside left.

Swivel right, Hold, Swivel left, Hold, Swivel right, Swivel left Swivel right, Swivel left.

- 17 - 18 With weight on toes swivel both heels to right. Hold.
- 19 - 20 With weight on toes swivel both heels to left. Hold.
- 21 - 22 With weight on toes swivel both heels to right, With weight on toes swivel both heels to left.
- 23 - 24 With weight on toes swivel both heels to right, With weight on toes swivel both heels to left.

Step, Touch, Clap, Step, Touch, Clap, Toe strut back right, Snap, Toe strut back left, Snap

- 25 - 26 Step right diagonally back, Step left beside right and clap.
- 27 - 28 Step left foot diagonally back, Step right beside left and clap.
- 29 - 30 Step right toe back. Drop right heel taking weight. Snap fingers to the right.
- 31 - 32 Step left toe back. Drop left heel taking weight. Snap fingers to the left.

Easy Option Toe strut back right, Snap, Toe strut back left, Snap, Toe strut back right, Snap, Toe strut back left, Snap

- 25 - 26 Step right toe back. Drop right heel taking weight. Snap fingers to the right.
- 27 - 28 Step left toe back. Drop left heel taking weight. Snap fingers to the left.
- 29 - 30 Step right toe back. Drop right heel taking weight. Snap fingers to the right.
- 31 - 32 Step left toe back. Drop left heel taking weight. Snap fingers to the left.

Option: Begin the dance facing the back wall, for you to finish it facing the front wall
