

Everybody Twists (Circle Dance)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Absolute Beginner
編舞者: LeaNeo Scalewings (NZ) - August 2019
音樂: 5,6,7,8 - Steps



Section 1 - Heel Switches

1-4 Right heel forward and back to centre, Left heel forward and back to centre
5-8 Repeat (1-4)

Section 2 - Walk forward R L R, Kick and Walk back L R L, Touch

9-12 Walk forward Right, Left, Right, kick left foot forward, and
13-16 Walk backward Left, Right, Left, touch right foot next to left foot.

Section 3 - Twist moving L R L hold, and Twist moving R L R hold

17-20 Twist moving to the Left, Right, Left and Hold
21-24 Twist moving to the Right, Left, Right and Hold

(For styling hand movements - both hands up, move both hands when twisting to the left and same when twisting to the right)

Section 4 - Twist Left and clap, Twist Right and clap, Twist on the spot Left, Right, Left, Right

25-28 Twist Left, and clap, Twist Right, and clap
29-32 Twist on the spot, Left, Right, Left, Right

Repeat
