

# Twist-Em

**COPPER KNOB**  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Jo Thompson Szymanski (USA)  
音樂: The Twist - Ronnie McDowell



## DO THE TWIST! 8 COUNTS

1-8      With feet together weight on balls of feet, twist heels L-R-L-R-L-R-L-R  
**Have fun with this! Loosen up and do any twist variation that you like!**

## STEP, KICK ACROSS 4 TIMES

1-2      Step right to right side, kick left across right  
3-4      Step left to left side, kick right across left  
5-8      Repeat above 4 counts.

## SUPREMES STEP RIGHT & LEFT

1-3      Step right to right side turning body slightly right, step left together, step right to right side  
4      Jump feet together, clap hands facing front.  
5-8      Repeat above 4 counts starting with left foot.

**For styling on the Supremes Step, bend elbows at side and push/swing fists in direction of travel.**

## TURN RIGHT, TURN LEFT, CHUG TWICE, CLAP TWICE

1-2      Turning right to face wall  $\frac{1}{4}$  from original while stepping right forward, hold  
3-4      Turning left  $\frac{1}{2}$  while stepping left forward, hold  
5-6      Placing feet together, chug (scoot) forward on both feet twice.

**Option: Instead of the chugs you may stomp forward right, then stomp left together**

7-8      Clap hands twice.

## REPEAT

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