

# Twist 600

**COPPER** KNOB  
STEPSHEETS

拍數: 64      牆數: 2  
編舞者: Ines Maaß (DE) - January 2012  
音樂: Twist - Miss 600

級數: Low Intermediate



## Intro 24 Counts

### R Point Across, Point Side, Point Across, Point Side, Flick, Point Side, Cross Side, Cross Shuffle

- 1 – 2      point right toes across LF, point right toes to right side,
- 3 &      point right toes across LF, point right toes to right side,
- 4 &      flick RF behind left leg, point right toes to right side,
- 5 – 6      cross RF over LF, step LF to left side,
- 7 & 8      cross RF over LF, step LF to left, cross RF over LF

### Side Sway, Swivets, Side Slide, Swivets

- 1 – 2      step LF to left side and sway hips left and right,
- 3&4&      place weight on left heel and right ball and turn both toes to left, turn both toes back to center, (3 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to center, (4 &) (take weight on LF)
- 5 – 6      big step to right side with RF, slide LF to RF,
- 7 & 8 &      place weight on left heel and right ball and turn both toes to left, turn both toes back to center, (7 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to center, (8 &) (take weight on RF)

### L Point Across, Point Side, Point Across, Point Side, Flick, Point Side, Cross Side, Cross Shuffle

- 1 – 2      point left toes across RF, point left toes to left side,
- 3 &      point left toes across RF, point left toes to left side,
- 4 &      flick LF behind right leg, point left toes to left side,
- 5 – 6      cross LF over RF, step RF to right side,
- 7 & 8      cross LF over RF, step RF to right, cross LF over RF,

### Side Sway, Swivets, Side Slide, Swivets

- 1 – 2      step RF to right side and sway hips right and left,
- 3&4&      place weight on left heel and right ball and turn both toes to left, turn both toes back to center, (3 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to center, (4 &) (take weight on RF)
- 5 – 6      big step to left side with LF, slide RF to LF,
- 7 & 8 &      place weight on left heel and right ball and turn both toes to left, turn both toes back to center, (7 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to center, (8 &) (take weight on LF)

### R Rock Forward, Shuffle ½ Turn R, Step ¼ Turn R 2 x

- 1 – 2      step forward on RF, recover on LF,
- 3 & 4      ¼ turn right and step RF to right side, step LF together, ¼ turn right and step forward on RF,
- 5 – 6      step forward on LF, ¼ turn right (take weight on RF),
- 7 – 8      step forward on LF, ¼ turn right (take weight on RF),

(Styling: on Counts 5 – 8 sway hips and bend elbows, hands shoulder height, palms to front and turn hands from left to right)

### L Rock Forward, Shuffle ½ Turn L, Step ¼ Turn L 2 x

- 1 – 2      step forward on LF, recover on RF,
- 3 & 4      ¼ turn left and step LF to left side, step RF together, ¼ turn left and step forward on LF,
- 5 – 6      step forward on RF, ¼ turn left (take weight on LF),

7 – 8                    step forward on RF, ¼ turn left (take weight on LF),  
(Styling: on Counts 5 – 8 sway hips and bend elbows, hands shoulder height, palms to front and turn hands from right to left)

**Jazz Box Cross, 3 Step Turn R, Slide**

1 – 4                    cross RF over LF, step back on LF, step RF to right side, cross LF over RF,  
5 – 8                    ¼ turn right and step forward on RF, ½ turn right and step back on LF, ¼ turn right and big step to right side on RF, slide LF to RF,

**3 Step Turn L, Slide, Side Slide, Touch Behind Unwind ½ Turn L**

1 – 4                    ¼ turn left and step forward on LF, ½ turn left and step back on RF, ¼ turn left and big step to left on LF, slide RF to LF,  
5 – 6                    big step to right side on RF, slide LF to RF,  
7 – 8                    touch left toes behind RF, unwind ½ turn left and take weight on LF.

**Start dance from the beginning.**

**Ending: Dance wall 4 until the end of 7th section, than:**

**1 ½ Turn L**

1 – 4                    ¼ turn left and step forward on LF, ½ turn left and step back on RF, ½ turn left and step forward on LF, ¼ turn left and step RF to right side.

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