

TWIST TWIST TWIST

Description: 96 count, 1 wall, intermediate

Choreographer: José Miguel Belloque Vane (NI), Roy Verdonk (NI), Sophie Dick (Be) June 2014

Music: Matt Houston & amp Dj Assad Ft Dylan Rinnez - Twist 2K14

Intro : 32 counts (20 sec.)

TOUCH, OUT/OUT, BALL/CROSS, KICK (2X), CROSS, ROCK/RECOVER, CROSS, SIDE, CROSS BEHIND WITH SWEEP

1&2 Rf touch next to Lf, Rf step right (&) , Lf step left

&3&4 Rf step next to Lf (&), Lf cross in front of Rf, Rf kick right, Rf kick right

5&6 Rf cross in front of Lf, Lf rock to left (&), recover onto Rf

&7-8 Lf cross in front of Rf (&), Rf step r, Lf cross beh. Rf sweeping Rf from front to back

SYNCOPATED WEAVE , MAMBO CROSS, STEP BACK, 1/2 TURN L, STEP FWD, 1/2 TURN L, TOUCH TOGETHER

1&2 Rf cross behind Lf, Lf step left (&), Rf cross in front of Lf

3&4 Lf step left, recover onto Rf (&), Lf cross in front of Rf

5-6 Rf step back, 1/2 turn left stepping Lf fwd (6.00)

7&8 Rf step fwd, make 1/2 turn left stepping Lf fwd (&), Rf touch next to Lf (12.00)

OUT/OUT , BALL/CROSS, UNWIND 1/2 TURN L, TOUCH TOGETHER, WALKS (2X), ROCKING CHAIR

&1 Rf step right (&) , Lf touch left

&2 Lf step next to Rf, Rf cross in front of Lf

3-4 unwind 1/2 turn left ending with weight on Lf (6.00), Rf touch next to Lf

5-6 Rf step fwd , Lf step fwd

7&8& Rf rock fwd, recover onto Lf (&) , Rf rock back, recover onto Lf

STEP , 1/2 TURN L, SHUFFLE FORWARD R, HEEL/TOE SWIVEL DIAGONAL WITH STOMP (2X)

1-2 Rf step fwd, make 1/2 turn left stepping fwd Lf (12.00)

3&4 Rf step fwd, Lf step together (&), Rf step fwd

5&6 Lf step fwd on left diag. with toes turned in, Lf toes turn out (&) ,Rf stomp next to Lf (weight remains on Lf)

7&8 Rf step fwd in right diag. with toes turned in, Rf toes turn out (&), Lf stomp next to Rf (end with weight on Lf)

CHARLESTON STEPS

1-2 Rf step fwd, Lf touch fwd

3-4 Lf step back, Rf touch back

5-6 Rf step forward, Lf touch forward

7-8 Lf step back, Rf touch back

(optional: swivel heels on Charleston steps)

TOE/HEEL/TOE SWIVEL WITH FLICK (4X)

- 1&2 Bf swivel toes r, Bf swivel heels r (&) , Bf swivel toes r whilst flicking l heel up
- 3&4 Bf swivel toes l, Bf swivel heels l (&), Bf swivel toes l whilst flicking r heel up
- 5&6 Bf swivel toes r, Bf swivel heels r (&) , Bf swivel toes r whilst flicking l heel up
- 7&8 Bf swivel toes l, Bf swivel heels l (&), Bf swivel toes l whilst flicking r heel up

CHARLESTON STEPS

- 1-2 Rf step forward, Lf touch forward
- 3-4 Lf step back, Rf touch back
- 5-6 Rf step forward, Lf touch forward
- 7-8 Lf step back, Rf touch back (optional: swivel heels on Charleston steps)

TOE/HEEL/TOE SWIVEL WITH FLICK (4X)

- 1&2 Bf swivel toes r, Bf swivel heels r (&) , Bf swivel toes r whilst flicking l heel up
- 3&4 Bf swivel toes l, Bf swivel heels l (&), Bf swivel toes l whilst flicking r heel up
- 5&6 Bf swivel toes r, Bf swivel heels r (&) , Bf swivel toes r whilst flicking l heel up
- 7&8 Bf swivel toes l, Bf swivel heels l (&), Bf swivel toes l whilst flicking r heel up

SYNCOPATED WEAVE L WITH HEEL GRINDS, CROSS, BACK, SHUFFLE R

- 1&2& Rf cross heel in front of Lf, Lf step left (&), Lf cross behind Rf, Lf step left (&)
- 3&4& Rf cross heel in front of Lf, Lf step left (&), Lf cross behind Rf, Lf step left (&)
- 5-6 Rf cross in front of Lf, Lf step back
- 7&8 Rf step right, Lf step together (&), Rf step right

SYNCOPATED WEAVE R WITH HEEL GRINDS, CROSS, BACK, SHUFFLE L

- 1&2& Lf cross heel in front of Rf, Rf step right (&), Lf cross behind Rf, Rf step right (&)
- 3&4& Lf cross heel in front of Rf, Rf step right (&), Lf cross behind Rf, Rf step right (&)
- 5-6 Lf cross in front of Rf, Rf step back
- 7&8 Lf step left, Rf step together (&), Lf step left

WALKS FWD IN DIAGONAL (2X), ROCKING CHAIR, STEP, 1/2 TURN L, RUN R/L/R

- 1-2 Rf walk forward to left diagonal (10.30), Lf walk forward
- 3&4& Rf rock forward, recover onto Lf (&) ,Rf rock back, recover onto Lf(&)
- 5-6 Rf step forward, make 1/2 turn left stepping Lf forward (4.30)
- 7&8 Rf small step forward, Lf small step forward (&) , Rf small step forward

WALKS FWD IN DIAGONAL (2X), ROCKING CHAIR, STEP, 1/2 TURN R, 1/8 TURN R, SLIDE L WITH HOLD

- 1-2 Lf walk forward to left diagonal (4.30), Rf walk forward
- 3&4& Lf rock forward, recover onto Rf, (&) ,Lf rock back, recover onto Rf(&)
- 5-6 Lf step forward, make 1/2 turn right stepping Rf forward (10.30)
- 7-8 make 1/8 turn right sliding Lf to left, Rf slide together