



TWIST TWIST TWIST

choreographer (s): José Miguel Belloque Vane (NL), Roy Verdonk (NI), Sophie Dick (Be)

1 wall phrased dance

level: intermediate

intro : 32 counts (20 sec.)

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

counts : 96 counts

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 Rf step next to Lf (&), Lf cross in front of Rf

&4 Rf kick right, Rf kick right

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

&7 Lf cross in front of Rf (&), Rf step right

8 Lf cross behind Rf sweeping Rf from front to back

Syncopated Weave , Mambo Cross, Step Back, 1/2 Turn L, Step Forward, 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 forward (6.00)

7&8 Rf step forward, make 1/2 turn left stepping Lf forward (&), 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 unwind 1/2 turn left ending with weight on Lf (6.00)

4 Rf touch next to Lf

5-6 Rf step forward , Lf step forward

7&8 Rf rock forward, 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 forward, make 1/2 turn left stepping forward Lf (12.00)

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

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

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

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 right, Bf swivel heels right (&) , Bf swivel toes right whilst flicking left heel up

3&4 Bf swivel toes left, Bf swivel heels left (&), Bf swivel toes left whilst flicking right heel up

5&6 Bf swivel toes right, Bf swivel heels right (&) , Bf swivel toes right whilst flicking left heel up

7&8 Bf swivel toes left, Bf swivel heels left (&), Bf swivel toes left whilst flicking right 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)



TWIST TWIST TWIST

Toe/Heel/Toe Swivel With Flick (4X)

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

Syncopated Weave L With Heel Grinds, Cross, Back, Shuffle R

1& Rf cross heel in front of Lf, Lf step left (&)
2& Lf cross behind Rf, Lf step left (&)
3& Rf cross heel in front of Lf, Lf step left (&)
4& 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& Lf cross heel in front of Rf, Rf step right (&)
2& Lf cross behind Rf, Rf step right (&)
3& Lf cross heel in front of Rf, Rf step right (&)
4& 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 Forward 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 Forward 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