



## 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)



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### **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