

Swivelfeet Linedancers Hälsinglands gladaste Linedancers

Besök alltid vår hemsida: WWW.swivelfeet.se

Twist & Shake

32 count, 2 wall, beginner

Choreographer: Sylvie Roy

Music: The Shake – Neal McCoy



Actual footwork

Section 1 Walk X 3, Kick & Clap, Back X 3, Together

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|-------|---|
| 1 - 2 | Step forward on right foot; step forward on left foot |
| 3 - 4 | Step forward on right foot, kick left foot forward & clap |
| 5 - 6 | Step back on left foot, step back on right foot |
| 7 - 8 | Step back on left foot, right foot to side of left |

Section 2 Swivels Right, Hold & Clap, Swivels Left, Hold & Clap

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|-------|---|
| 1 - 2 | Swivel the heels to the right, swivel the toes to the right |
| 3 - 4 | Swivel the heels to the right, hold & clap the hands |
| 5 - 6 | Swivel the heels to the left, swivel the toes to the left |
| 7 - 8 | Swivel the heels to the left, hold & clap the hands |

Section 3 Side, Together, Side, Touch, Side, Together, Side Touch

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|-------|--|
| 1 - 2 | Step right foot to the right, step left foot beside right |
| 3 - 4 | Step right foot to the right, touch the left foot beside right |
| 5 - 6 | Step left foot to the left, step right foot beside left |
| 7 - 8 | Step left foot to the left, touch the right foot beside left |

Section 4 ¼ Turn, Touch, Side, Touch, ¼ Turn, Touch, Side, Touch

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|-------|--|
| 1 - 2 | ¼ turn to the left, weight on the right foot, touch the left foot beside right |
| 3 - 4 | Step left foot to the left, touch right foot beside left |
| 5 - 6 | ¼ turn to the left, weight on the right foot, touch the left foot beside right |
| 7 - 8 | Step left foot to the left, touch right foot beside left |

Start again from the beginning