

HITCH N' TWIST

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Count: 32 **Wall:** 4 **Level:** intermediate

Choreographer: The Girls (Maureen & Michelle Jones)

Music: Six Days On The Road by BR5-49

ROCK, ¼ TURN, STEP & ¼ TURN, HITCH & ¼ TURN, STEP & THUMB FLICKS, HOLD

- 1-2** Rock forward onto left, rock back onto right making a ¼ turn left
- 3-4** Step left to left making a ¼ turn left, on ball of left make a ¼ turn left and hitch right
- 5** Step right to right and with right hand clenched forward at chest height, thumb upwards, twist right hand quickly from left to right so that thumb flicks back (i.e. Hitching a lift)
- 6-8** Flick thumb back twice more, hold

Bounce body a little further to the right with each thumb flick

¼ TURN & STEP, HOLD, ROCK, HOLD, SCUFF, HITCH & SCOOT, STEP

- 9-12** Make a ¼ turn right & step left to left, hold, rock back onto right, hold
- 13-16** Rock forward onto left, scuff right forward, hitch right while scooting forward on left, step right slightly to right

HEEL TWIST, HOLD, HEEL TWIST, HOLD, HEEL & TOE TWISTS WITH ¼ TURN

- 17-20** Twist both heels right, hold, twist both heels left, hold
- 21-24** Making a gradual ¼ turn to the right across counts 21-24 twist both heels right, twist both toes right, twist both heels right, twist both toes right

SLOW JAZZ BOX WITH FINGER CLICKS

- 25-28** Step left across right, hold and click fingers, step right back, hold and click fingers
- 29-32** Step left to left, hold and click fingers, step right beside left, hold and click fingers

REPEAT