

# TWIST-EM

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**Count:** 32                      **Wall:** 4                      **Level:** Beginner

**Choreographer:** Jo Thompson

**Music:** The Twist by Ronnie McDowell

## DO THE TWIST! 8 COUNTS

**1-8**                      With feet together weight on balls of feet, twist heels L-R-L-R-L-R-L-R

**Have fun with this! Loosen up and do any twist variation that you like!**

## STEP, KICK ACROSS 4 TIMES

**1-2**                      Step right to right side, kick left across right

**3-4**                      Step left to left side, kick right across left

**5-8**                      Repeat above 4 counts.

## SUPREMES STEP RIGHT & LEFT

**1-3**                      Step right to right side turning body slightly right, step left together, step right to right side

**4**                              Jump feet together, clap hands facing front.

**5-8**                      Repeat above 4 counts starting with left foot.

**For styling on the Supremes Step, bend elbows at side and push/swing fists in direction of travel.**

## TURN RIGHT, TURN LEFT, CHUG TWICE, CLAP TWICE

**1-2**                      Turning right to face wall  $\frac{1}{4}$  from original while stepping right forward, hold

**3-4**                      Turning left  $\frac{1}{2}$  while stepping left forward, hold

**5-6**                      Placing feet together, chug (scoot) forward on both feet twice.

**Option: Instead of the chugs you may stomp forward right, then stomp left together**

**7-8**                      Clap hands twice.

## REPEAT