

# TWIST 'N' STOMP

LINEDANCE.COM

**Count:** 32      **Wall:** 4      **Level:** beginner

**Choreographer:** Vicki E. Rader

**Music:** Twist And Shout by The Beatles

## TRAVELING (RIGHT) SWIVELS, HEEL TWISTS

- 1-2** Swivel heels to the right; swivel toes to the right
- 3-4** Swivel heels to the right; swivel toes to the right
- 5-8** Shift weight to balls of both feet and twist heels right, left, right, left

## TRAVELING (LEFT) SWIVELS, HEEL TWISTS, ¼ TURN RIGHT

- 9-10** Swivel toes to the left; swivel heels to the left
- 11-12** Swivel toes to the left; swivel heels to the left
- 13-15** Shift weight to balls of both feet and twist heels right, left, right
- 16** Twist heels ¼ turn left (now facing 3 o'clock) shifting weight to left foot

## KICK TWICE, ROCK-STEP, SHUFFLE, STEP, STOMP

- 17-18** Kick right foot forward twice
- 19-20** Rock back on right foot; step forward on left foot
- 21&22** Shuffle forward right-left-right
- 23-24** Step forward on left foot; stomp right foot next to left

## STEP, SLIDE, STEP, TOUCH, STEP, SLIDE, STEP, STOMP

- 25-26** Step right on right foot; slide left foot next to right
- 27-28** Step right on right foot; touch left foot next to right
- 29-30** Step left on left foot; slide right foot next to left
- 31-32** Step left on left foot; stomp right foot next to right (stomp down with weight)

## REPEAT