

# Twist 600

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**Count:** 64      **Wall:** 2      **Level:** Low Intermediate

**Choreographer:** Ines Maaß (Germany) Jan. 2012

**Music:** Twist by Miss 600

## Intro 24 Counts

**R Point Across, Point Side, Point Across, Point Side, Flick, Point Side, Cross Side, Cross Shuffle**

**1 - 2**point right toes across LF, point right toes to right side,

**3 &**point right toes across LF, point right toes to right side,

**4 &**flick RF behind left leg, point right toes to right side,

**5 - 6**cross RF over LF, step LF to left side,

**7 & 8**cross RF over LF, step LF to left, cross RF over LF

## Side Sway, Swivets, Side Slide, Swivets

**1 - 2**step LF to left side and sway hips left and right,

**3&4**&place weight on left heel and right ball and turn both toes to left, turn both toes back to center, **(3 &)**place weight on right heel and left ball and turn both toes to right, turn both toes back to center, **(4 &)** (take weight on LF)

**5 - 6**big step to right side with RF, slide LF to RF,

**7 & 8** &place weight on left heel and right ball and turn both toes to left, turn both toes back to center, **(7 &)** place weight on right heel and left ball and turn both toes to right, turn both toes back to center, **(8 &)** (take weight on RF)

**L Point Across, Point Side, Point Across, Point Side, Flick, Point Side, Cross Side, Cross Shuffle**

**1 - 2**point left toes across RF, point left toes to left side,

**3 &**point left toes across RF, point left toes to left side,

**4 & flick LF behind right leg, point left toes to left side,**

**5 - 6 cross LF over RF, step RF to right side,**

**7 & 8 cross LF over RF, step RF to right, cross LF over RF,**

### **Side Sway, Swivets, Side Slide, Swivets**

**1 - 2 step RF to right side and sway hips right and left,**

**3 & 4 place weight on left heel and right ball and turn both toes to left, turn both toes back to center, (3 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to center, (4 &) (take weight on RF)**

**5 - 6 big step to left side with LF, slide RF to LF,**

**7 & 8 place weight on left heel and right ball and turn both toes to left, turn both toes back to center, (7 &) place weight on right heel and left ball and turn both toes to right, turn both toes back to center, (8 &) (take weight on LF)**

### **R Rock Forward, Shuffle $\frac{1}{2}$ Turn R, Step $\frac{1}{4}$ Turn R 2 x**

**1 - 2 step forward on RF, recover on LF,**

**3 & 4  $\frac{1}{4}$  turn right and step RF to right side, step LF together,  $\frac{1}{4}$  turn right and step forward on RF,**

**5 - 6 step forward on LF,  $\frac{1}{4}$  turn right (take weight on RF),**

**7 - 8 step forward on LF,  $\frac{1}{4}$  turn right (take weight on RF),**

**(Styling: on Counts 5 - 8 sway hips and bend elbows, hands shoulder height, palms to front and turn hands from left to right)**

### **L Rock Forward, Shuffle $\frac{1}{2}$ Turn L, Step $\frac{1}{4}$ Turn L 2 x**

**1 - 2 step forward on LF, recover on RF,**

**3 & 4  $\frac{1}{4}$  turn left and step LF to left side, step RF together,  $\frac{1}{4}$  turn left and step forward on LF,**

**5 - 6 step forward on RF,  $\frac{1}{4}$  turn left (take weight on LF),**

**7 - 8step forward on RF,  $\frac{1}{4}$  turn left (take weight on LF),**

**(Styling: on Counts 5 - 8 sway hips and bend elbows, hands shoulder height, palms to front and turn hands from right to left)**

**Jazz Box Cross, 3 Step Turn R, Slide**

**1 - 4cross RF over LF, step back on LF, step RF to right side, cross LF over RF,**

**5 - 8 $\frac{1}{4}$  turn right and step forward on RF,  $\frac{1}{2}$  turn right and step back on LF,  $\frac{1}{4}$  turn right and big step to right side on RF, slide LF to RF,**

**3 Step Turn L, Slide, Side Slide, Touch Behind Unwind  $\frac{1}{2}$  Turn L**

**1 - 4 $\frac{1}{4}$  turn left and step forward on LF,  $\frac{1}{2}$  turn left and step back on RF,  $\frac{1}{4}$  turn left and big step to left on LF, slide RF to LF,**

**5 - 6big step to right side on RF, slide LF to RF,**

**7 - 8touch left toes behind RF, unwind  $\frac{1}{2}$  turn left and take weight on LF.**

**Start dance from the beginning.**

**Ending: Dance wall 4 until the end of 7th section, than:**

**1  $\frac{1}{2}$  Turn L**

**1 - 4 $\frac{1}{4}$  turn left and step forward on LF,  $\frac{1}{2}$  turn left and step back on RF,  $\frac{1}{2}$  turn left and step forward on LF,  $\frac{1}{4}$  turn left and step RF to right side.**