

# TWIST

LINEDANCE.COM

**Count:** 56

**Wall:** 2

**Level:** Beginner / Intermediate

**Choreographer:** Unknown (Canada)

**Music:** Old time buddy by Gallen Law

## **Intro: 16 count**

**Alternate music: Any jive or swing tempo**

**Start position - both feet together.**

## **HEEL TWIST, HOLD, HEEL TWIST, HOLD, HEEL TWISTS R,L,R,L,**

- 1,2 Twist both heels to the right, HOLD
- 3,4 Twist both heels to the left, HOLD
- 5,6 Twist Heels Right, Twist heels left
- 7,8 Twist Heels Right, Twist heels left (weight on left)

## **EXTENDED RIGHT LOCK STEP, ½ HITCH TURN RIGHT**

- 1,2, Step forward on right, Lock left behind right (Option:With Shimmy Shoulder)
- 3,4 Step forward on right, Lock left behind right
- 5,6 Step forward on right, Lock left behind right
- 7,8 Step forward on right, Make ½ hitch turn right (Hitch left and pivot on ball of right) (6.00)

## **EXTENDED LEFT LOCK STEP, ½ HITCH TURN LEFT WITH SCUFF**

- 1,2 Step forward on left, Lock right behind left (Option:With Shimmy Shoulder)
- 3,4 Step forward on left, Lock right behind left
- 5,6 Step forward on left, Lock right behind left
- 7,8 Step forward on left, Make ½ hitch turn left (Hitch right and pivot on ball of left) (12.00)

## **VINE RIGHT WITH ¼ RIGHT, ¼ RIGHT WITH LEFT SCUFF, VINE LEFT, CROSS**

- 1,2 Step right to right side, Cross left behind right
- 3,4 Make ¼ turn right stepping forward on right, Make ¼ turn right scuffing the left (6.00)
- 5,6 Step left to left side, Cross right behind left
- 7,8 Step left to left side, Cross right over left

### **TOE-HEEL-CROSS LEFT, RIGHT, LEFT**

- 1,2,3** Touch left toes in towards right, Tap left heel beside right, Cross left over right
- 4,5,6** Touch tight toe in towards left, Tap right heel beside left, Cross right over left
- 7,8,1** Touch left toes in towards right, Tap left heel beside right, Cross left over right

### **TOE-HEEL-CROSS LEFT, RIGHT, TOGETHER**

- 2,3,4** Touch right toe in towards left, Tap right heel beside left, Cross right over left
- 5,6,7** Touch left toes in towards right, Tap left heel beside right, Cross left over right
- 8** Step right next to left

### **HEEL TWISTS RIGHT, LEFT, RIGHT, RIGHT HITCH, VINE RIGHT, TOGETHER**

- 1,2,3** Twist Heels Right, Twist heels left, Twist Heels Right (travelling to right)
- 4,5** Hitch right up, Step right to right side
- 6,7,8** Cross left behind right, Step right to right side, Step left next to right (6.00)

**Start again!**

**Documented by George Crutchlow & Winnie Yu**