

# Valerie's Twist & Shout

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**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Chris Hookie (2.28.2016)

**Music:** Valerie - Amy Winehouse (216 BPM)

## Alt. songs:-

**Twist & Shout - Mary Chapin Carpenter (196 BPM)**

**Thomas Rhett - Crash & Burn (132 BPM)**

**Rodney Crowell - Lovin' All night (180 BPM)**

## POINT, POINT, SIDEWARD SHUFFLE

- 1& Tap right toe to the side, lift
- 2& Tap right toe to the side, lift
- 3& 4& Sideways Shuffle right

## POINT, POINT, SIDEWARD SHUFFLE

- 5& Tap left toe to the side, lift
- 6& Tap left toe to the side, lift
- 7& 8& Sideward Shuffle left

## SIDE BALL CROSS, SIDE BALL CROSS FWD 2X's

- 9& Put weight onto right foot, shift weight onto left foot
- 10& Cross right foot in front of left foot and accept the weight and hold
- 11& Put weight onto left foot, shift weight onto right foot
- 12& Cross left foot in front of right foot and accept the weight and hold

## SIDEWARD SHUFFLE (\*OR 3 CT REVERSE TURN) RIGHT, KICK BALL TOUCH

- 13& 14 Right foot slide to the right , left foot slide together, right foot slide to the right & make a  $\frac{1}{4}$  turn right
- 15& 16& Left foot Kick Ball touch up with right foot (weight on left foot)

**(\* 13& 14 Right foot step sideward right & start  $\frac{3}{4}$  turn left, left foot step behind right foot and finish a  $\frac{3}{4}$  turn left, right foot center)**

### **¼ PUSH STEP TURN LEFT IN PLACE, SHUFFLE FWD**

**17& 18&** Push right foot right, step on left foot, Push right foot right, step on left foot – all the while making a ¼ turn left

**19& 20** Three ct. Shuffle forward- right foot lead

### **½ PUSH STEP TURN RIGHT IN PLACE, SHUFFLE FWD**

**21& 22&** Push left foot left, step on right foot, Push left foot left, step on right foot – all the while making a ¼ left

**23& 24** Three ct. Shuffle forward- left foot lead

### **SIDE BALL CROSS BKWD, SIDE BALL CROSS BKWD**

**25&** Right foot step to the right, shift weight onto left foot

**26&** Cross right foot in back of left foot and accept the weight and hold

**27&** Left foot step to the left, shift weight onto right foot

**28&** Cross left foot in back of right foot and accept the weight and hold

### **SIDE BALL CROSS FWD, SIDE BALL ¼ RIGHT, CENTER**

**29&** Right foot step to the right, shift weight onto left foot

**30&** Cross right foot in front of left foot and accept the weight and hold

**31&** Left foot step to the left, shift weight onto right foot and start a ¼ turn right

**32&** Finish ¼ right- left foot step forward, center – weight on left foot.

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