

Two Fists(□□□)

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Count: 116

Wall: 4

Level: Phrased Improver

Choreographer: □□ (su ja Choe) April 2020

Music: Two Fists(□□□) Source of Mr.Trot

Sequence: A, Tag, A, A,Tag, B, A,Tag, A, A, A26c

Tag: 4 count × 3

-Tag1: Wall1(12:0)end 3:00

-Tag2: Wall3(6:00)end 9:00

-Tag3: Wall4(6:00)end 9:00

★Tag: 4count

1.2(Hold) Clenched your right hand and stretch your right arm over your head.

(□□ □□□ □□□ □□□ □□□ □□□ .)

3.4(Hold) Clasp your left hand and stretch your left arm over your head.

(□□ □□□ □□□ □□□ □□□ □□□ .)

★Part A: 64count

S1. R Step Fwd, L Point, L Step Fwd, R Point, R Step Back, L Point, L Step Back, R Point

1.2Step right foot forward, Point left toe to left side

3.4Step left foot forward, Point right toe to right side

5.6Step right foot back, Point left toe to left side

7.8Step left foot back, Point right toe to right side

S2. R Rocking Chair × 2

1.2Rock forward on right , recover on left

3.4Rock back on right, recover on left

5.6 Rock forward on right , recover on left

7.8 Rock back on right, recover on left(12:00)

S3. R Vine Touch, L Vine 1/4 Turn Brush

1.2.3.4 Step R to right side, step L behind R, step R to right side, touch L next to R(12:00)

5.8 Step L to left side, step R behind L, turning 1/4 left step on L, Brush R next to L (9:00)

S4. R Fwd, Recover, Shuffle Turn 1/2 Right, Back Step L , R, Cross Shuffle,

1.2 Rock fwd on R, recover on to L,

3&4 making a 1/4 turn to (12:00) step back on the R, Step L beside R, Step fwd on the R making a 1/4 turn to (3:00)

5.6 making 1/2 turn right Step L Back(facing 9:00), making 1/4 turn right Step R in place(12:00)

7&8 Cross LF in front of RF, step RF side right, cross LF in front of RF(12:00)

S5. R back, Kick L Fwd, L back, Kick R Fwd, R 1/4 Turn R back, Kick L Fwd, L back, Kick R Fwd,

1.2 Right back step, Kick L Fwd,

3.4 Left back step, Kick R Fwd,

5.6 R 1/4 Turn R back, Kick L Fwd

7.8 Left back step, Kick R Fwd,

S6. V Step Out, Out, In, In x2

1. Step RF Out diagonally fwd,

2. Step LF Out diagonally fwd,

3. Step RF back In to place, 4. Step LF back next to R.

5. Step RF Out diagonally fwd,

6. Step LF Out diagonally fwd,

7.Step RF back In to place, 8. Step LF back next to R

S7. R Step, Diagonal L Touch R.L×2, Sway R.L×2

1.2R Side Step, Left Diagonal Toe Touch

3.4L Side Step, Right Diagonal Toe Touch

5.6.7.8Hip Sway R,L,R,L

S8. R Across L, Spiral Full Turn,Side, Touch, Sway R.L× 2

1.Step ball of R across L,

2.Unwind Full Turn left Taking weight on L(3:00)

3.4L Side Step, R Touch

5.6.7.8Sway R.L.R.L

✧Opt✧

S8. R Fwd Step, L Jazz Box, R Jazz Box Together,

1.2.3.4R Fwd Step, L fwd Cross, R Back, L Side Step

5.6.7.8R Fwd Cross, L Back, R Side Step, L Side Together

★Part B: 52count

S1. R Vine Touch, L Out, In, Out, In Touch

1.2.3.4Step R to right side, step L behind R, step R to right side, touch L next to R

5.6.7.8L Out, In, Out, In Touch

S2. L Vine Touch, R Out, In, Out, In Touch

1.2.3.4Step L to right side, Step R behind L, step L to right side, touch R next to L

5.6.7.8R Out, In, Out, In Touch

S3 R Fwd Walk R,L,R,Touch L Back Walk L,R,L,Touch

1.4R Fwd Walk On R,L,R, Touch L

5.8L Back Walk On L,R,L, Touch R Beside On L

S4. Monterey 1/4 Turns x 2

1.2 Point RF to R, ¼ turn R closing RF next to L

3.4 Point LF to L, close LF next to R

5.6 Point RF to R, ¼ turn R closing RF next to L

7.8 Point LF to L, close LF next to R (3:00)

S5. R Jazz Box Cross, Pivot L 1/2 , L 1/4 Turn

1.2.3.4 Cross R over L, step back on L, step R to R side , cross L over R (3:00)

5.6 Step fw on R , Pivot ½ turn left on L weight ending on L (9:00)

7.8 Step fw on R , Pivot 1/4 turn left on L weight ending on L (6:00)

S6. R Jazz Box Together, R,L Hand Cross Down, R,L arm over your head.

1.2.3.4 RF Cross over LF, LF Step back, RF Step side, Step L beside R

5.6 (Hold) Clenched with right hand and crossed down. (□□ □□□ □□ □□□ □□ .)

7.8 (Hold) Clenched in the left hand and crossed down. (□□ □□□ □□ □□□ □□ .)

1.2 (Hold) Clenched your right hand and stretch your right arm over your head.

(□□ □□□ □□□ □□□ □□ .)

3.4 (Hold) Clasp your left hand and stretch your left arm over your head.

(□□ □□□ □□ □□□ □□ .)

★After Wall 7 (3:00) 26 count, finish at 12 o'clock and finish with a fist and alternately stretch your right arm, left arm, and right arm to the top. This is the song "Mr. Trot Jin" Lim YeongUng. Thank you for your enjoyment and excitement. I wish you happiness every day.

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