

Shes A Twister

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Count: 64 **Wall:** 4 **Level:** Improver

Choreographer: Rob Fowler (ES) - July 2026

Music: Shes A Twister - Cowboys and Indie

Intro: 16 counts (approx. 5s)

Music available on: danztunz.com and all major music platforms

For a slightly slower, fun teaching track try “Let’s Twist Again” by Chubby Checker

S1: R Grapevine, Twist Heels L, Centre, L, Centre

- 1,2,3,4** Step R to R side, step L behind R, step R to R side, step L next to R
- 5,6** Twist both heels L, twist both heels back to centre
- 7,8** Twist both heels L, twist both heels back to centre (weight on R) [12:00]

S2: L Grapevine, Side R, Touch L, Side L, Touch R

- 1,2,3,4** Step L to L side, step R behind L, step L to L side, touch R next to L
- 5,6,7,8** Step R to R side, touch L next to R, step L to L side, touch R next to L [12:00]

S3: Stomp R Fwd, Twist L Heel, Toes, Heel, Diag Back L, Touch R, Diag Back R, Touch L

- 1,2** Stomp R forward to R diagonal, twist L heel towards R
- 3,4** Twist L toes towards R, twist L heel towards R (keep weight on R)
- 5,6** Step diagonally back L on L, touch R next to L (+ clap)
- 7,8** Step diagonally back R on R, touch L next to R (+ clap) [12:00]

S4: Stomp L Fwd, Twist R Heel, Toes, Heel, Diag Back R, Touch L, Diag Back L, Step R

- 1,2** Stomp L forward to L diagonal, twist R heel towards L
- 3,4** Twist R toes towards L, twist R heel towards L (keep weight on L)
- 5,6** Step diagonally back R on R, touch L next to R (+ clap)
- 7,8** Step diagonally back L on L, step R next to L (+ clap) [12:00]

S5: Twist Heels / Toes / Heels R, Hold, Twist Heels / Toes / Heels L, Hold

- 1,2,3,4** Twist both heels R, twist both toes R, twist both heels R, hold (+ clap)
- 5,6,7,8** Twist both heels L, twist both toes L, twist both heels L, hold (+ clap) [12:00]

RESTART: During WALL 5 (which starts facing 12:00), please dance up to and including count 8 of S5 then restart here facing 12:00.

S6: Twist Heels R, Clap, Twist Heels L, Clap, Twist Heels R, L, Centre, Hold

1,2,3,4 Twist both heels R, clap, twist both heels L, clap

5,6,7,8 Twist both heels R, twist both heels L, twist both heels back to centre, hold [12:00]

S7: Step Fwd R, Hold, Pivot 1/8 L, Hold, Step Fwd R, Hold, Pivot 1/8 L, Hold

1,2,3,4 Step forward on R, hold, make 1/8 turn L (weight on L), hold [10:30]

5,6,7,8 Step forward on R, hold, make 1/8 turn L (weight on L), hold [9:00]

S8: Slow R Jazz Box Cross

1,2,3,4 Cross step R over L, hold, step back on L, hold

5,6,7,8 Step R to R side, hold, cross step L over R, hold [9:00]

Start Over

ENDING: The song ends during WALL 9 (which starts facing 3:00). Please dance up to and including count 4 of S6, then step fwd on R, make ¼ turn L to finish facing 12:00.