

Country Twist

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Count: 48 **Wall:** 2 **Level:** Absolute Beginner

Choreographer: Yvonne Anderson – July 2015

Music: The Twist (Cowboy Style), BJ Blue and the Cadillac Cowboys

Notes: Start on vocal. Thanks to my class for suggesting we have a dance that fits this track.

Yes I do know 48 counts is a lot for a beginner, but because of the repetition it feels much shorter

(S1) RIGHT HEEL DIG FORWARD X 2, RIGHT TOE TOUCHES BACK X 2, STEP, TOGETHER, HEEL SWING

- 1-2 Touch R heel forward twice [12]
- 3-4 Touch R toes back twice [12]
- 5-6 Step R forward, Step L beside right [12]
- 7-8 Swing both heels to R, Return to centre weight on R [12]

(S2) LEFT HEEL DIG FORWARD X 2, LEFT TOE TOUCHES BACK X 2, STEP, TOGETHER, HEEL SWING

- 1-2 Touch L heel forward twice [12]
- 3-4 Touch L toes back twice [12]
- 5-6 Step L forward, Step R beside left [12]
- 7-8 Swing both heels to L, Return to centre weight on L [12]

(S3) GRAPEVINE RIGHT, TOGETHER, TRAVELLING HEEL TOE TWISTS LEFT, FLICK

- 1-4 Step R to right, Step L behind right, Step R to right, Step L beside right [12]

5-6travelling left swing heels to left. Swing toes to left. Swing heels to left, flick R behind left [12]

(S4) GRAPEVINE 1/4 TURN RIGHT, TOGETHER, TRAVELLING HEEL TOE TWISTS LEFT, FLICK

- 1-4 Step R to right, Step L behind right, Make 1/4 turn right stepping R forward, Step L beside right [12]

5-6travelling left swing heels to left. Swing toes to left. Swing heels to left, flick R behind left [12]

(S5) STOMP FORWARD, SWIVEL HEEL, TOE, HEEL X 2

- 1-4** Stomp R forward (long step), Swing L heel towards right, Swing L toes towards right, Swing L heel towards right (weight remains on R throughout counts 1-4) [3]
- 5-6** Stomp L forward (long step), Swing R heel towards left, Swing R toes towards left, Swing R heel towards left

(weight remains on R throughout counts 5-8) [3]

(S6) STEP BACK, TAP X 2, GRAPEVINE 1/4 TURN RIGHT, TOGETHER

- 1-2** Step R back, Tap L toes beside right and clap hands [3]
- 3-4** Step L back, Tap R toes beside left and clap hands [3]
- 5-8** Step R to right, Step L behind right, Make 1/4 turn right stepping R forward, Step L beside right [6}

REPEAT