

TWISTED SISTER

Dernière section corrigée par Guyton Mundy le 23/02/2015

Intermédiaire – 32 comptes – 4 murs

Chorégraphe : Guyton Mundy

Musique : She keeps me up, By Nickelback

Style : Funky

Source : G.Mundy

STEP, SPIRAL, ROCK, BACK X2, BEHIND WITH SWEEP, SAILOR, HEEL SWIVEL, BALL STEP WITH 1/8 TURN

- 1-2 Step forward on right, make a full spiral to left
3-4& Rock forward on left, step back on right, step back on left
5 Step right behind left as you sweep left out to left
6&7 Step left behind right, step together with right, step diagonally forward to left on left ending on ball of left foot, with the toes of the left foot slightly turned in
8&8&1 Swivel left foot a 1/4 turn to the left, swivel back in, bring left foot into right as you step on ball of left making a 1/8th of a turn to the left, step forward on right

ROCK/RECOVER, BACK LOCK BACK, 1/2, 1/2, 1/2 TRIPLE

- 2-3 Rock forward on left, recover on right
4&5 Step back on left, lock right into left, step back on left
6-7 Make a 1/2 turn over right stepping forward on right, make a 1/2 turn over right stepping back on left
8&1 Make a 1/2 turn over right stepping right, left, right still traveling

CROSS, BACK, TRIPLE WITH 1/4, STEP, PIVOT 1/2, 1/2, 1/2, 1/4 TOUCH

- 2-3 Cross left over right, step back on right as you make an 1/8 of a turn to the left
4&5 Step left to left, step together with right, make a 1/4 turn to the left stepping forward on left
6-7 Step forward on right, make a 1/2 turn to left stepping down on left
8&1 Make a 1/2 turn to left stepping back on right, make a 1/2 turn to left stepping forward left, make a 1/4 turn to the left touching right to right side

TOUCH IN, DIAGONAL BACK, COASTER, WALK, WALK, STEP TOGETHER

- 2-3 Touch right next to left, step diagonally back to right to right
4&5 Step back on left, step together with right, step forward on left
6-7 Walk forward right, left
8& Step forward on right, step together with left

Updated 02/23/2015

Et on recommence avec le sourire



(Pas respect du traducteur merci d'indiquer sur vos fiches la source et le nom du traducteur)