

# TWIST-EM

Count: 32    Wall: 4    Level: Beginner

Choreographer: Jo Thompson

Music: The Twist by Ronnie McDowell



## DO THE TWIST! 8 COUNTS

1-8                With feet together weight on balls of feet, twist heels L-R-L-R-L-R-L-R

Have fun with this! Loosen up and do any twist variation that you like!

## STEP, KICK ACROSS 4 TIMES

1-2                Step right to right side, kick left across right

3-4                Step left to left side, kick right across left

5-8                Repeat above 4 counts.

## SUPREMES STEP RIGHT & LEFT

1-3                Step right to right side turning body slightly right, step left together, step right to right side

4                    Jump feet together, clap hands facing front.

5-8                Repeat above 4 counts starting with left foot.

For styling on the Supremes Step, bend elbows at side and push/swing fists in direction of travel.

## TURN RIGHT, TURN LEFT, CHUG TWICE, CLAP TWICE

1-2                Turning right to face wall  $\frac{1}{4}$  from original while stepping right forward, hold

3-4                Turning left  $\frac{1}{2}$  while stepping left forward, hold

5-6                Placing feet together, chug (scoot) forward on both feet twice.

Option: Instead of the chugs you may stomp forward right, then stomp left together

7-8                Clap hands twice.

## REPEAT