

TWIST & SHAKE

Description: 32 ct, 2 wall, Ultra Beginner
Choreographed by: Sylvie Roy
Musik: The Shake by Neal McCoy
Intro: 16 ct

WALK, WALK, WALK, KICK/CLAP, BACK, BACK, BACK, TOUCH/CLAP

- 1-2 Walk r, walk l fwd
- 3-4 Walk r, l kick fwd
- 5-6 Walk back r, l
- 7-8 Walk back r, touch l next to r

R TWIST 3X HOLD/CLAP, L TWIST 3X HOLD/CLAP

- 1-2 Twist heels r, twist toes r
- 3-4 Twist heels r, hold and clap
- 5-6 Twist heels l, twist toes l
- 7-8 Twist heels l, hold and clap

R SIDE, TOGETHER, SIDE, TOUCH, L SIDE, TOGETHER, SIDE, TOUCH

- 1-2 R side, l together
- 3-4 R side, l touch
- 5-6 L side, r together
- 7-8 L side, r touch

1/4 L SIDE TOUCH, SIDE TOUCH, 1/4 L SIDE TOUCH, SIDE TOUCH

- 1-2 R side, l touch
- 3-4 1/4 turn l, l side, r touch
- 5-6 R side, l touch
- 7-8 1/4 turn l, l side, r touch

Alternative Übungsmusik:

Jennifer Lopez - Let's get Loud 32ct