

Quoyote's Twist & Groove

44 Count, 4 Wall, Improver, WCS

Choreographer: Rob Fowler (UK) May 2010

Choreographed to: New Twist On An Old Groove by
Rebecca Lynn Howard

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- Walk, Walk, 1/4 Turn & Cross, 1/4 turn & sweep 1/2 turn right, Side Rock Together**
1,2, Walk Right, Walk Left
3&4 Make 1/4 turn left stepping right to right side, cross left over right, make 1/4 turn right step forward right
5,6 Sweep Left foot Around 1/2 turn right, Step left next to right
7&8 Rock right to right side, Rock to left, Step right next to left
- Syncopated Vine, Rock Step, Full rolling turn right, Chasse Right**
1,2& Step left to left Side, Step right behind left, Step left to left side
3,4 Rock right over left, Recover back on right
5,6 Make 1/4 turn right onto right, Make 1/2 turn right step back on left,
7&8 Make 1/4 turn to right doing right Chasse
- Syncopated Box Step, Rock step 1/2 turn shuffle**
1,2, Cross left over right, Step back on right
&3,4 Step left to left side, Cross right over left, Touch left to left side
5,6 Rock forward on left, Recover back on right
7&8 Make 1/2 turn back left doing left shuffle
- Step 1/2 pivot turn left, Walk, Walk, Heel hook, Hitch, Twist**
1,2, Step forward right, Make 1/2 pivot turn left
3,4 Walk forward right, Walk forward left
5&6& Touch right heel forward, Hook right heel in front of left shin, Touch right heel forward, Hitch right Knee
7&8 Step right next to left, Twist both heels left, twist both heels back to centre
- Box Step, 3 x Side Hip bumps with 1/2 turns, Rock step 1/4 turn**
1,2, Cross right over left, Step back on left
3,4 Step right to right side, Cross left over right
5&6 Step right to right side bumping hip right, Left, Right
7&8 Make 1/2 turn right stepping left to left side bumping hip left, right, left
9&10 Make 1/2 turn left stepping right to right side bumping hip right, left, right
11&12 Rock Left over right, Recover back on right, Make 1/4 turn left stepping forward on left
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