

Twist

56 Count, 2 Wall, Improver

Choreographer: Unknown (March 2008)

Choreographed to: Old Time Buddy by Gallen Law
or Any jive or swing tempo

1 HEEL TWIST, HOLD, HEEL TWIST, HOLD, HEEL TWISTS RIGHT, LEFT, RIGHT, LEFT

- 1-2 Twist both heels to the right, hold
- 3-4 Twist both heels to the left, hold
- 5-6 Swivel heels right, swivel heels left
- 7-8 Swivel heels right, swivel heels left (weight on left)

2 EXTENDED RIGHT LOCK STEP, ½ HITCH TURN RIGHT

- 1-2- Step right forward, lock left behind
Option: with shimmy shoulder
- 3-4 Step right forward, lock left behind
- 5-6 Step right forward, lock left behind
- 7-8 Step right forward, make ½ hitch turn right (hitch left and pivot on ball of right) (6:00)

3 EXTENDED LEFT LOCK STEP, ½ HITCH TURN LEFT WITH SCUFF

- 1-2 Step left forward, lock right behind
Option: with shimmy shoulder
- 3-4 Step left forward, lock right behind
- 5-6 Step left forward, lock right behind
- 7-8 Step left forward, make ½ hitch turn left (hitch right and pivot on ball of left) (12:00)

4 VINE RIGHT WITH ¼ RIGHT, ¼ RIGHT WITH LEFT SCUFF, VINE LEFT, CROSS

- 1-2 Step right side, cross left behind
- 3-4 Turn ¼ right and step right forward, turn ¼ right scuffing the left (6:00)
- 5-6 Step left side, cross right behind
- 7-8 Step left side, cross right over

5 TOE-HEEL-CROSS LEFT, RIGHT, LEFT

- 1-2-3 Touch left toes in towards right, touch left heel beside right, cross left over
- 4-5-6 Touch right toe in towards left, touch right heel beside left, cross right over
- 7-8-1 Touch left toes in towards right, touch left heel beside right, cross left over

6 TOE-HEEL-CROSS LEFT, RIGHT, TOGETHER

- 2-3-4 Touch right toe in towards left, touch right heel beside left, cross right over
- 5-6-7 Touch left toes in towards right, touch left heel beside right, cross left over
- 8 Step right together

7 HEEL TWISTS RIGHT, LEFT, RIGHT, RIGHT HITCH, VINE RIGHT, TOGETHER

- 1-2-3 Swivel heels right, swivel heels left, swivel heels right (traveling to right)
- 4-5 Hitch right up, step right side
- 6-7-8 Cross left behind, step right side, step left together (6:00)

Documented by George Crutchlow & Winnie Yu