

Twist !!!

1 - 8 With Feet Together And Weight On Balls Of Feet Twist Heels -
Left, Right, Left, Right, Left, Right, Left, Right.

Note : This Is A Simple Dance And Very Relaxed So Have Fun
And Use Any Twist Variations You Like.

Side Step & Kick X 4.

9 - 10 Step Right To Right Side. Kick Left Foot Across Right.

11 - 12 Step Left To Left Side. Kick Right Foot Across Left.

13 - 14 Step Right To Right Side. Kick Left Foot Across Right.

15 - 16 Step Left To Left Side. Kick Right Foot Across Left.

Section 3 'supremes' Step Right & Left.

17 Step Right To Right Side Turning Body Slightly Right.

18 - 19 Slide Left Beside Right. Step Right To Right Side.

20 Jump Feet Together And Clap Hands.

21 Step Left To Left Side Turning Body Slightly Left.

22 - 23 Slide Right Beside Left. Step Left To Left Side.

24 Jump Feet Together And Clap Hands.

Note : For Styling Bend Elbows And Swing Hands In Direction Of
Travel Like The 'supremes'.

Stomp Turns Scoot X2 & Clap.

25 - 26 Stomp Right 1/4 Turn Right (3.00). Hold.

27 - 28 Stomp Left 1/2 Turn Left (9.00). Hold

29 - 30 Scoot (jump) Forward On Both Feet X 2

31 - 32 Clap Hands Twice.
