

Twistin' aka Benny's Twist

Phrased, 2 Wall, Improver

Choreographer: Benny Ray (DK) April 2009

Choreographed to: Twistin' The Night Away by Sam
Cooke

Sequence: AAB AAB AA AAB AA (Part B is always facing 12:00)

Start dancing on lyrics

PART A

4 X TOE STRUT FORWARD

- 1-2 Step right toe forward, drop right heel
- 3-4 Step left toe forward, drop left heel
- 5-6 Step right toe forward, drop right heel
- 7-8 Step left toe forward, drop left heel

TOE STRUT JAZZ BOX WITH TURN ¼ RIGHT

- 9-10 Cross right toe over left, drop right heel
- 11-12 Step left back toe, drop left heel
- 13-14 Turn ¼ right and step right toe forward, drop right heel
- 15-16 Step left toe forward, drop left heel

TOE STRUT JAZZ BOX WITH TURN ¼ RIGHT

- 17-18 Cross right toe over left, drop right heel
- 19-20 Step left toe back, drop left heel
- 21-22 Turn ¼ right and step right toe forward, drop right heel
- 23-24 Step left toe forward, drop left heel

4 X HEEL GRIND TRAVELING LEFT

- 25-26 Cross right heel over left (toe turned in), step left to side (right toe turned out)
- 27-28 Cross right heel over left (toe turned in), step left to side (right toe turned out)
- 29-30 Cross right heel over left (toe turned in), step left to side (right toe turned out)
- 31-32 Cross right heel over left (toe turned in), step left to side (right toe turned out)

PART B

TWIST AND CLAP

- 1-4 Twist heels right, twist toes right, twist heels right, clap
- 5-8 Twist heels left, twist toes left, twist heels left to center, clap

2 X ½ MONTEREY TURN RIGHT

- 9-10 Point right to side, turn ½ right and step right together
- 11-12 Point left to side, step left together
- 13-14 Point right to side, turn ½ right and step right together
- 15-16 Point left to side, step left together

TWIST AND CLAP

- 17-20 Twist heels right, twist toes right, twist heels right, clap
- 21-24 Twist heels left, twist toes left, twist heels left to center, clap

2 X ½ MONTEREY TURN RIGHT

- 25-26 Point right to side, turn ½ right and step right together
 - 27-28 Point left to side, step left together
 - 29-30 Point right to side, turn ½ right and step right together
 - 31-32 Point left to side, step left together
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