

HEEL SPLITS / DIAGONAL HEEL DIGS

- 1 Weight on toes, move both heels apart
- 2 Move heels together.
- 3 Move both heels apart
- 4 Move heels together.
- 5 Right heel touch forward 45.
- 6 Right foot touch beside left.
- 7 Right heel touch forward 45.
- 8 Right foot step beside left.

DIAGONAL TOE TOUCH / STEP

- 9 Left toe touch back 45.
- 10 Left foot step beside right.
- 11 Right foot step in place.
- 12 Left foot touch beside right.

DIAGONAL HEEL DIGS

- 13 Left heel touch forward 45.
- 14 Left foot touch beside right.
- 15 Left heel touch forward 45.
- 16 Left foot step beside right.

DIAGONAL TOE TOUCH / STEP

- 17 Right toe touch back 45 .
- 18 Right foot step beside left.
- 19 Left foot step in place.
- 20 Right toe touch slightly to the right.

RIGHT LEG SWIVELS / STEP SLIDES

- 21 Swivel right heel outward, emphasizing the knee movement inward
- 22 Straighten right leg.
- 23 Swivel right heel outward, emphasizing the knee movement inward.
- 24 Straighten right leg.
- 25 Right foot step to right, pointing toe to right body still facing forward
- 26 Drag left foot to right heel
- 27 Right foot step to right, pointing toe to right body still facing forward
- 28 Drag left foot to right heel
- 29 Right foot step to right, toe pointing forward
- 30 Left foot touch beside right slightly separated

LEFT LEG SWIVELS / STEP SLIDES

- 31 Swivel left heel outward, emphasizing the knee movement inward.
- 32 Straighten left leg.
- 33 Swivel left heel outward, emphasizing the knee movement inward.
- 34 Straighten left leg.
- 35 Left foot step to left, toe pointing left body facing forward.
- 36 Drag right foot to left heel.
- 37 Left foot step to left, toe pointing left body facing forward.
- 38 Drag right foot to left heel.
- 39 Left foot step to left, toe pointing forward.
- 40 Right foot touch beside left.

RIGHT HEEL, LEFT HEEL

- 41 Right heel touch forward.
- 42 Right foot step beside left.
- 43 Left heel touch forward.
- 44 Left foot step beside right.

LETS TWIST AGAIN !

- 45 With weight on toes, swivel heels to left. (slightly bending knees).
- 46 Swivel heels to right.
- 47 Swivel heels to left.
- 48 Swivel heels to right.
- 49 Swivel heel to left.
- 50 Swivel heels to right.
- 51 Swivel heels to left.
- 52 Swivel heels to right.

FORWARD, SIDE, HITCH/TURN, STEP

- 53 Right toe touch forward.
- 54 Right toe touch to side.
- 55 Hitch right knee as you turn to the left on ball of left foot
- 56 Right foot step beside right

REPEAT

(32563)

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