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Twist And Shout

32 Count, 4 Wall, Absolute Beginner

Choreographer: Stephen & Claire Rutter (UK) Feb 2016

Choreographed to: Let's Twist Again by Chubby Checker.

Album: Let's Dance - 100 Original 1960's Hits Compilation

(169 BPM-2:21 Mins)

(44 Count Intro-16 Secs)

Alternative Music: Shout by Lulu & The Luvvers (145 /133 BPM-2:53 Mins).

Album: Something To Shout

(8 Seconds Intro - Starting on the word "Shout" - "You Know You Make Me Wanna Shout")

Section 1 Heel & Toe Swivels With Claps.

- 1-3 With weight on both feet swivel both heels to right, swivel both toes to right, swivel both heels to right.
- 4 Clap
- 5-6 With Weight on both feet swivel both heels to left, Clap.
- 7-8 With weight on both feet swivel both heels to right, Clap (12 o'clock)

Section 2 Heel & Toe Swivels With Claps.

- 1-3 With weight on both feet swivel both heels to left, swivel both toes to left, swivel both heels to left
- 4 Clap.
- 5-6 With weight on both feet swivel both heels to right, Clap.
- 7-8 With Weight on both feet swivel both heels to left, Clap. (12 o'clock)

Section 3 Back Rock, Step Forward, Hitch, Step Back, Hitch, Back Rock.

- 1-2 Rock back on right, recover weight forward onto left.
- 3-4 Step forward on right, hitch left knee.
- 5-6 Step back on left, hitch right knee
- 7-8 Rock back on right, recover weight onto left. (12 o'clock)

Section 4 Rocking Chair, Pivot ¼ Turn Left, Stomp Twice.

- 1-2 Rock forward on right, recover weight onto left
- 3-4 Rock back on right, recover weight onto left.
- 5-6 Step forward on right, pivot a quarter turn left.
- 6-8 Stomp right foot beside left, Stomp left foot beside right. (9 o'clock)

Choreographers Note: When Using "Shout" by Lulu & The Luvvers at around 1.14 mins the music changes slightly and is marginally slower than the rest of the track, just dance through this and the music will kick in again at around 1.43 mins.

The dance is designed to fit to both tracks so you can Twist AND Shout!! This gives new dancers an option and also gets them used to remembering a dance not just a sequence of steps to a certain track! Whichever music you use Have Fun!

Enjoy!