



*Specializing in  
Line Dancing &  
Couples Flow Dancing  
To All Types of Music*

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lessons
- Partner Lessons
- D.J. Service

## Twist-Em

Choreographed by Jo Thompson

**Description:** 32 count, 4 wall, beginner line dance

**Music:** **The Twist** by Ronnie McDowell [168 bpm / Country Dances / CD: Line Dance Fever 14]

**Twisting The Night Away** by Scooter Lee [162 bpm / CD: High Test Love / Available on iTunes]

### DO THE TWIST! 8 COUNTS

1-8 With feet together weight on balls of feet, twist heels L-R-L-R-L-R-L-R

*Have fun with this! Loosen up and do any twist variation that you like!*

### STEP, KICK ACROSS 4 TIMES

1-2 Step right to right side, kick left across right

3-4 Step left to left side, kick right across left

5-8 Repeat above 4 counts.

### SUPREMES STEP RIGHT & LEFT

1-3 Step right to right side turning body slightly right, step left together, step right to right side

4 Jump feet together, clap hands facing front.

5-8 Repeat above 4 counts starting with left foot.

*For styling on the Supremes Step, bend elbows at side and push/swing fists in direction of travel.*

### TURN RIGHT, TURN LEFT, CHUG TWICE, CLAP TWICE

1-2 Turning right to face wall  $\frac{1}{4}$  from original while stepping right forward, hold

3-4 Turning left  $\frac{1}{2}$  while stepping left forward, hold

5-6 Placing feet together, chug (scoot) forward on both feet twice.

*Option: Instead of the chugs you may stomp forward right, then stomp left together*

7-8 Clap hands twice.

### REPEAT

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