

# **TWIST EM**

Choreographed by Jo Thompson

Description: 32 count, 4 wall, beginner line dance

Music: The Twist by Ronnie McDowell

Twisting The Night Away by Scooter Lee

## **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 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