



# Quoyote's Twist & Groove

44 count 4 walls – Improver/ Intermediate (West Coast Line Dance)

**Choreographer: Rob Fowler**

Music: New Twist On An Old Groove by Rebecca Lynn Howard  
(available on Itunes)

## **Walk, Walk, ¼ Turn & Cross, ¼ turn & sweep ½ turn right, Side Rock Together**

- 1,2, Walk Right, Walk Left
- 3&4 Make ¼ turn left stepping right to right side, cross left over right, make ¼ turn right step forward right
- 5,6 Sweep Left foot Around ½ turn right, Step left next to right
- 7&8 Rock right to right side, Rock to left, Step right next to left

## **Syncopated Vine, Rock Step, Full rolling turn right, Chasse Right**

- 1,2& Step left to left Side, Step right behind left, Step left to left side
- 3,4 Rock right over left, Recover back on right
- 5,6 Make ¼ turn right onto right, Make ½ turn right step back on left,
- 7&8 Make ¼ turn to right doing right Chasse

## **Syncopated Box Step, Rock step ½ turn shuffle**

- 1,2, Cross left over right, Step back on right
- &3,4 Step left to left side, Cross right over left, Touch left to left side
- 5,6 Rock forward on left, Recover back on right
- 7&8 Make ½ turn back left doing left shuffle

## **Step ½ pivot turn left, Walk, Walk, Heel hook, Hitch, Twist**

- 1,2, Step forward right, Make ½ pivot turn left
- 3,4 Walk forward right, Walk forward left
- 5&6& Touch right heel forward, Hook right heel in front of left shin, Touch right heel forward, Hitch right Knee
- 7&8 Step right next to left, Twist both heels left, twist both heels back to centre

## **Box Step, 3 x Side Hip bumps with ½ turns, Rock step ¼ turn**

- 1,2, Cross right over left, Step back on left
- 3,4 Step right to right side, Cross left over right
- 5&6 Step right to right side bumping hip right, Left, Right
- 7&8 Make ½ turn right stepping left to left side bumping hip left, right, left
- 9&10 Make ½ turn left stepping right to right side bumping hip right, left, right
- 11&12 Rock Left over right, Recover back on right, Make ¼ turn left stepping forward on left

End Of Dance