



TWISTED SISTER

Choreographed by: *Guyton Mundy*
32 Count, 4 Wall, Advanced level line dance
Music: She Keeps Me Up by Nickelback
Contact Information: www.funk-n-line.com



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for Dance Video

LINE DANCING WITH TAMMY WYATT

16 count intro

[1-9] Step, Spiral, rock, back X2, behind with sweep, sailor, heel swivel, ball step with 1/8 turn

- 1-2 Step forward on right, make a full spiral to left,
- 3-4& rock forward on left, step back on right, step back on left
- 5 step right behind left as you sweep left out to left
- 6&7 step left behind right, step together with right, step diagonally forward to left on left ending on ball of left foot, with the toes of the left foot slightly turned in
- 8&8&1 swivel left foot a 1/4 turn to the left, swivel back in, bring left foot into right as you step on ball of left making a 1/8th of a turn to the left, step forward on right

[10-17] rock/recover, back lock back, 1/2, 1/2, 1/2 triple

- 2-3 Rock forward on left, recover on right,
- 4&5 step back on left, lock right into left, step back on left,
- 6-7 make a 1/2 turn over right stepping forward on right, make a 1/2 turn over right stepping back on left
- 8&1 make a 1/2 turn over right stepping right, left, right still traveling

[18-24] Cross, back, triple side, 1/4, 1/2, 1/2, 1/2,

- 2-3 cross left over right, step back on right as you make an 1/8 of a turn to the left
- 4&5 step left to left, step together with right, step left to left as you open up to the left
- 6-7 make a 1/4 turn to the left stepping forward on right, make a 1/2 turn to left stepping down on left
- 8& make a 1/2 turn to left stepping together with right, make a 1/2 turn to left stepping forward left

[25-32] 1/4 with touch out, touch in, side, coaster, step, triple

- 1-2-3 make a 1/4 turn to left touching right out to right, touch right next to left, step right to right
- 4&5 step back on left, step together with right, step forward on left
- 6 step forward on right
- 7&8 step forward on left, step together with right, step forward on left

Taught by Tammy: February 2015

