

She's a Twister

Count: 64

Wall: 4

Level: Improver

Choreographer: Rob Fowler (ES) - July 2026

Music: Shes A Twister - Cowboys and Indie



Intro: 16 counts (approx. 5s)

Music available on: danztunz.com and all major music platforms

For a slightly slower, fun teaching track try "Let's Twist Again" by Chubby Checker

S1: R Grapevine, Twist Heels L, Centre, L, Centre

- 1,2,3,4 Step R to R side, step L behind R, step R to R side, step L next to R
5,6 Twist both heels L, twist both heels back to centre
7,8 Twist both heels L, twist both heels back to centre (weight on R) [12:00]

S2: L Grapevine, Side R, Touch L, Side L, Touch R

- 1,2,3,4 Step L to L side, step R behind L, step L to L side, touch R next to L
5,6,7,8 Step R to R side, touch L next to R, step L to L side, touch R next to L [12:00]

S3: Stomp R Fwd, Twist L Heel, Toes, Heel, Diag Back L, Touch R, Diag Back R, Touch L

- 1,2 Stomp R forward to R diagonal, twist L heel towards R
3,4 Twist L toes towards R, twist L heel towards R (keep weight on R)
5,6 Step diagonally back L on L, touch R next to L (+ clap)
7,8 Step diagonally back R on R, touch L next to R (+ clap) [12:00]

S4: Stomp L Fwd, Twist R Heel, Toes, Heel, Diag Back R, Touch L, Diag Back L, Step R

- 1,2 Stomp L forward to L diagonal, twist R heel towards L
3,4 Twist R toes towards L, twist R heel towards L (keep weight on L)
5,6 Step diagonally back R on R, touch L next to R (+ clap)
7,8 Step diagonally back L on L, step R next to L (+ clap) [12:00]

S5: Twist Heels / Toes / Heels R, Hold, Twist Heels / Toes / Heels L, Hold

- 1,2,3,4 Twist both heels R, twist both toes R, twist both heels R, hold (+ clap)
5,6,7,8 Twist both heels L, twist both toes L, twist both heels L, hold (+ clap) [12:00]

RESTART: During WALL 5 (which starts facing 12:00), please dance up to and including count 8 of S5 then restart here facing 12:00.

S6: Twist Heels R, Clap, Twist Heels L, Clap, Twist Heels R, L, Centre, Hold

- 1,2,3,4 Twist both heels R, clap, twist both heels L, clap
5,6,7,8 Twist both heels R, twist both heels L, twist both heels back to centre, hold [12:00]

S7: Step Fwd R, Hold, Pivot 1/8 L, Hold, Step Fwd R, Hold, Pivot 1/8 L, Hold

- 1,2,3,4 Step forward on R, hold, make 1/8 turn L (weight on L), hold [10:30]
5,6,7,8 Step forward on R, hold, make 1/8 turn L (weight on L), hold [9:00]

S8: Slow R Jazz Box Cross

- 1,2,3,4 Cross step R over L, hold, step back on L, hold
5,6,7,8 Step R to R side, hold, cross step L over R, hold [9:00]

Start Over

ENDING: The song ends during WALL 9 (which starts facing 3:00). Please dance up to and including count 4 of S6, then step fwd on R, make ¼ turn L to finish facing 12:00.

