

# Twisted Sister

**Count:** 32    **Wall:** 4    **Level:** Advanced

**Choreographer:** Guyton Mundy (Jan 2015)

**Music:** Nickelback - She Keeps Me Up

---

## #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&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

### [18-25]Cross, back, triple with 1/4, step, pivot 1/2, 1/2, 1/2, 1/4 touch

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, make a 1/4 turn to the left stepping forward on  
              left  
6-7        Step forward on right, make a 1/2 turn to left stepping down on left  
8&1        make a 1/2 turn to left stepping back on right, make a 1/2 turn to left stepping forward  
              left, make a 1/4 turn to the left pointing right to right side

### [26-32]touch in, diagonal back, coaster, walk, walk, step together

2-3            touch right next to left, step diagonally back to right to right  
4&5        step back on left, step together with right, step forward on left  
6-7        walk forward right, left  
8&        step forward on right, step together with left

**Last Update - 3rd March 2015**