

# STEP BREAKDOWNS: DOWN AT THE TWIST AND SHOOT

## NOT Mc COY

		[HT]	(f)	(xf)	(xb)
DS	DS	JP	S	TOE	S
R	L	R	L	R	L
&1	&2	&	3	&	4

## QUICK HEEL LIFT

[HT]	(TAP xf)	[HT]	[HT]	(TAP xf)	[HT]	[UP]
DS	HOP	HOP	JP	HOP	HOP	SL
L	L	L	R	R	R	R
&1	&	2	&	3	&	4

## VINE TURN SPLIT

	(xb)	[DT]	(TAP xf)	[DT]	[HT]	[UP]
DS	TOE	JP	HOP	HOP	JP	SL
L	R	L	L	L	R	R
&1	&	2a	&	3a	&	4

## CROSS TAP SPLIT

	(xf)		(os)		(b)	[HT]
DS	DT	H	DT	H	TAP	JP
L	R	L	R	L	R	R
&1	&a	2	&	3	&	4

## CANADIAN PUMP & STEP

					(1/4 R os)	(1/4 L)	
DS	DT	HOP	TCH	PMP	TCH	PMP	S
L	R	L	R	R	R	R	R
&1	a&	a	2	&	3	&	4

## RHYTHM TAP SPLIT

	[UP]		[UP]		[UP]	(b)	[HT]
DT	H	DT	H	DT	H	TAP	JP
L	R	L	R	L	R	L	L
&a	1	&a	2	&a	3	&	4

## LIFT UTAH RUN

			[UP]	
SL	DS	DT	H	DS
L	R	L	R	L
& 1	&2	&a	3	&4