

# Twisted Sister



Choreographed by Guyton Mundy  
32 Count 4 Wall Intermediate line dance  
Choreographed to "She keeps me up" by Nickelback  
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 right,  
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 side, 1/4, full, triple**
- 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 full spiral turn to the left on right foot  
8&1                  Step forward on left, step together with right, step forward on left
- 26-32**                **Out, behind with sweep, behind, 1/4, forward, out, out, behind, back, side**
- 2-3                    Step right out to right, step left back behind right as you sweep right out to right side  
4&5                  Step right behind left, make a 1/4 turn to left stepping forward on left, step forward on right  
6-7                  Step left out to left , step right slightly out to right  
&8&                  Step left behind right, step back on right, step left to left side