Twist with the Fat Boys

Count: 80 **Wall:** 4 **Level:** Phrased Intermediate
Choreographer: Roy Verdonk (NL) & Wil Bos (NL) - November 2010
Music: The Twist - Fat Boys & Chubby Checker

Intro: 16 counts (start counting after the word "twist")
Note: Sequence – ABB-ABB-ABB-AB-A-A-A till end

Part A
Pulp Vision With Heel Bounces, Sailor Step R, Sailor Step L

1-2-3-4	Move right hand from left to right in front of eyes to right while you bounce your right heel
5&6	Cross RF behind LF, Step LF to left side, Step RF to right side
7&8	Cross LF behind RF, Step RF to right side, Step LF next to RF

Heel Toe Swivel (x3), Clap, Toe Strut R, Toe Strut L

1-2-3-4	Swivel heels left, Swivels toes left, Swivel heels left, Clap
5-6	Step forward on right toes, Step down on right heel
7-8	Step forward on left toes, Step down on left heel

Step Forward R, ½ Turn L, Step Forward R, ½ turn L, Stomp forward R, Swivel L Heel, Toe, Heel,

1-2	Step RF forward, ½ Turn left
3-4	Step RF forward, ½ Turn left
5-6-7-8	Stomp RF forward, Swivel heel LF inwards RF, Swivel toes LF inwards RF, Swivel heel LF inwards RF

Out L, Out R With Clap, In R, In L with Clap, Stomp Forward R, Bounce L and R ¼ turn L with Chicken Head!

&1-2	Jump out forward RF, Jump out forward LF Left (feet shoulder width apart), Clap hands
&3-4	Jump in back RF, Jump in back LF (feet together), clap hands
5-6-7-8	Stomp RF forward, Bounce on both heels ¼ turn left while nod head forward, back

Cross R, Point L, Cross L, Point R, Close, Stomp Forward L, Hold(for 3 counts)

1-2	Cross RF over LF, Point toes LF to the left side
3-4	Cross LF over RF, Point toes RF to the right side
&5	Close RF next to LF, Stomp LF forward,
6-7-8	Hold for 3 counts

Close L, Step R, ½ Turn Left in 7 counts and walk with wobbling knees!

&-1	LF beside RF, Step RF forward,
2-8	Walk in seven counts a ½ turn left, and push your knees in and out.(weight ends on LF)

Part B
Step R with Hip Bump R x2, Step L with Hip Bumb left x2, Hip Roll anti clockwise

1-2	Step RF to the right side and Bump right hip to the right x 2
3-4	Bump left hip to left side (x2)
5-6-7-8	Roll your hips in a circle 2 times anti clockwise

Rolling Vine R, Clap, Rolling Vine L, Clap

1-2	¼ turn right step RF forward, ½ right step LF back
3-4	¼ turn right step RF to right side, Clap hands
5-6	¼ turn left step LF forward, ½ turn left step back on RF
7-8	¼ turn left step LF to left side, Clap hands

Slow Diagonal Right Shuffle Forward, Hold, Slow Diagonal Left Shuffle Forward, Hold

1-2-3-4	Step RF forward to right diagonal, Close LF next to RF, Step RF forward to right diagonal, Hold
5-6-7-8	Step LF forward to left diagonal, Close RF next to LF, Step LF forward to left diagonal, Hold

Hand movements; On count 1-3-5-7 when you step forward use your hands like pulling yourself forward

Jazz Box Cross ¼ Turn R, Diagonal Hand Push Forward with Hip Bumb Backwards(x2)

1-2	Cross RF over LF, ¼ right step back on LF
3-4-&	Step RF to right side, Cross LF over RF, Step RF to the right side.
5	Push both hands left forward diagonal while you push your bum backwards right

(stretch knees R & L backwards)

6	Recover RF & LF center
&-7	take weight on left Push both hands right forward diagonal while your bum backwards left

(stretch knees R & L backwards)

8	Recover RF & LF center

Start again smile and have fun
