Twist With The Fat Boys (zh)

Count: 0 **Wall:** 4 **Level:** Intermediate
Choreographer: Roy Verdonk (NL) & Wil Bos (NL) - 2010年11月
Music: The Twist - Fat Boys & Chubby Checker

前奏： Intro: 16 counts (start counting after the word “twist”) 16拍後由唱“twist”起跳
Part A A部份 (48拍)

第一段 Pulp Vision With Heel Bounces, Sailor Step R, Sailor Step L

1-4 Move right hand from left to right in front of eyes to right while you bounce your right heel
(右手放眼睛前由左移至右)右足踵彈

5&6 Cross RF behind LF, Step LF to left side, Step RF to right side
右足於左足後交叉踏, 左足左踏, 右足右踏

7&8 Cross LF behind RF, Step RF to right side, Step LF next to RF
左足於右足後交叉踏, 右足右踏, 左足左踏

第二段 Heel Toe Swivel (x3), Clap, Toe Strut R, Toe Strut L

1-4 Swivel heels left, Swivels toes left, Swivel heels left, Clap
雙足踵轉向左, 雙足趾轉向左, 雙足踵轉向左, 拍手

5-6 Step forward on right toes, Step down on right heel
右足趾前點, 右足踵踏

7-8 Step forward on left toes, Step down on left heel
左足前踏, 左足踵踏

第三段 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 右足前踏, 左轉180度

3-4 Step RF forward, ½ Turn left 右足前踏, 左轉180度

5-8 Stomp RF forward, Swivel heel LF inwards RF, Swivel toes LF inwards RF, Swivel heel LF inwards RF
右足前重踏, 左足踵轉向右足, 左足趾轉向右足, 左足踵轉向右足

第四段 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 右足前跳, 左足前跳(雙腳分開與肩同寬), 拍手

&3-4 Jump in back RF, Jump in back LF (feet together), clap hands
右足後跳, 左足後跳(雙腳併), 拍手

5-8 Stomp RF forward, Bounce on both heels ¼ turn left while nod head forward, back 右足前重踏, 雙足踵彈跳左轉90度(頭配合前後點)

第五段 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
右足於左足前交叉踏, 左足趾左點

3-4 Cross LF over RF, Point toes RF to the right side
左足於右足前交叉踏, 右足趾右點

&5 Close RF next to LF, Stomp LF forward,
右足併踏, 左足前重踏

6-8 Hold for 3 counts 候3拍

第六段 Close L, Step R, ½ Turn Left In 7 Counts And Walk With Wobbling Knees!

&-1 LF beside RF, Step RF forward, 左足併踏, 右足前踏

2-8 Walk in seven counts a ½ turn left, and push your knees in and out.(weight ends on LF)
雙膝向內及向外推移動7拍左轉180度(重心在左足)

Part B B部份 (32拍)

第一段 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 x2
右足右踏右推臀二次

3-4 Bump left hip to left side (x2) 左推臀二次

5-8 Roll your hips in a circle 2 times anti clockwise
逆時針轉臂兩次

第二段 Rolling Vine R, Clap, Rolling Vine L, Clap

1-2 ¼ turn right step RF forward, ½ right step LF back
右轉90度右足前踏, 右轉180度左足後踏

3-4 ¼ turn right step RF to right side, Clap hands
右轉90度右足右踏, 拍手

5-6 ¼ turn left step LF forward, ½ turn left step back on RF
左轉90度左足前踏, 左轉180度右足後踏

7-8 ¼ turn left step LF to left side, Clap hands
左轉90度左足左踏, 拍手

第三段 Slow Diagonal Right Shuffle Forward, Hold, Slow Diagonal Left Shuffle Forward, Hold

1-4 Step RF forward to right diagonal, Close LF next to RF, Step RF forward to right diagonal, Hold
右足右斜角前踏, 左足併踏, 右足右斜角前踏, 候

5-8 Step LF forward to left diagonal, Close RF next to LF, Step LF forward to left diagonal, Hold
左足左斜角前踏, 右足併踏, 左足左斜角前踏, 候

Hand movements; On count 1-3-5-7 when you step forward use your hands like pulling yourself forward 手動作 :
第1,3,5,7拍前踏時, 雙手像把自己拉往前

第四段 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
右足於左足前交叉踏, 右轉90度左足後踏

3-4& Step RF to right side, Cross LF over RF, Step RF to the right side.
右足右踏, 左足於右足前交叉踏, 右足右踏

5 Push both hands left forward diagonal while you push your bum backwards right 雙手推向斜角, 臀部右後推
(stretch knees R & L backwards) 雙膝向後伸

6 Recover RF & LF center 雙足回復

&-7 take weight on left Push both hands right forward diagonal while your bum backwards left 重心在左足, 雙手推向右斜角, 臀部左後推
(stretch knees R & L backwards) 雙膝向後伸

8 Recover RF & LF center 雙足回復
