

# The Twist

**Count:** 48

**Wall:** 2

**Level:** Beginner

**Choreographer:** Richard Munden (UK)

**Music:** The Twist - Chubby Checker



---

## HEEL TWISTS TWICE, GRAPEVINE

- 1-2 Twist both heels right and center
- 3-4 Twist both heels right and center
- 5-6 Right to right, left cross behind
- 7-8 Right to right, left touch together

## HEEL TWISTS TWICE, GRAPEVINE ¼ TURN

- 9-10 Twist both heels left and center
- 11-12 Twist both heels left and center
- 13-14 Left to left, right cross behind
- 15-16 Left to left, ¼ turn to left step left in place

- 17-30 Repeat 1-14

## GRAPEVINE ¼ TURN SCUFF

- 31-32 Left to left, ¼ turn to left with a scuff

## WALK FORWARD RIGHT LEFT RIGHT, TOE STRUTS BACK TWICE

- 33-34 Step forward right, step forward left
- 36-35 Step forward right, kick forward left
- 37-38 Step left toe back, drop ball of foot down
- 39-40 Step right toe back, drop ball of foot down

## SLOW COASTER, SLOW ROCK RECOVER

- 41-42 Step back left, step back right
- 43-44 Step forward left, hold
- 45-46 Rock right to right, recover to left
- 47-48 Step right together, hold

## REPEAT

---