

# Twist with the Fat Boys

COPPER KNOB  
STEPSHEETS

拍数: 80      墙数: 4      级数: Phrased Intermediate  
编舞者: Roy Verdonk (NL) & Wil Bos (NL) - November 2010  
音乐: 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**

---