

# Twist with the Fat Boys

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**Count:** 80

**Wall:** 4

**Level:** Phrased Intermediate

**Choreographer:** Roy Verdonk & Wil Bos

**Music:** Fat Boys & Chubby Checker - The Twist

**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!**

**&-1LF 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 Bump 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**

**1-2¼ turn right step RF forward, ½ right step LF back**

**3-4¼ turn right step RF to right side, Clap hands**

**5-6¼ turn left step LF forward, ½ turn left step back on RF**

**7-8¼ 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 Bump 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

**&-7take 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**