

# Twist with the Fat Boys



**Choreographers** : Roy Verdonk & Wil Bos  
**Level** : Intermediate  
**Dance** : Phrased A-B A = 48 counts, B = 32 counts  
**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!**

&-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 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**

1-2 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 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  
&-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**