

# TWIST WITH THE FAT BOYS

Choreographed by Roy Verdonk & Wil Bos

Description: ABC, Novelty

Level: Advanced

Music 'The Twist by Fat Boys & Chubby Checker (155BPM)

## Official UCWDC competition dance description

Date of usage 18 August 2011

Sequence: ABB, ABB, ABB, AB, A till end

### PART A – 48 counts

1-8: PULP VISION WITH HEEL BOUNCES, SAILOR STEP RIGHT, SAILOR STEP LEFT

1-2-3-4 Move right hand from left to right in front of eyes while you bounce your right heel

5&6 Right sailor step

7&8 Cross left behind right, step right to side, step left together

9-16: HEEL TOE SWIVEL (X3), CLAP, TOE STRUT RIGHT, TOE STRUT LEFT

1-2-3-4 Swivel heels left, swivels toes left, swivel heels left, clap

5-6 Step right toes forward, step down on right heel

7-8 Step left toes forward, step down on left heel

17-24/ STEP FORWARD RIGHT, TURN ½ LEFT, STEP FORWARD RIGHT, TURN ½ LEFT, STOMP FORWARD RIGHT, SWIVEL LEFT HEEL, TOE, HEEL

1-2 Step right forward, turn ½ left (weight to left)

3-4 Step right forward, turn ½ left (weight to left)

5-6-7-8 Stomp right forward, swivel left heel inwards, swivel left toes inwards, swivel left heel inwards

25-32: OUT RIGHT, OUT LEFT WITH CLAP, IN RIGHT, IN LEFT WITH CLAP, STOMP FORWARD RIGHT, BOUNCE RIGHT turn ¼ left WITH CHICKEN HEAD!

&1-2 Jump out forward right, jump out forward left (feet shoulder width apart), clap

&3-4 Jump in back right, jump in back left (feet together), clap

5-6-7-8 Stomp right forward, bounce both heels turning ¼ left while nodding head forward, back

33-40: CROSS RIGHT, POINT LEFT, CROSS LEFT, POINT RIGHT, CLOSE, STOMP FORWARD LEFT, HOLD(FOR 3 COUNTS)

1-2 Cross right over left, point toes left to the left side

3-4 Cross left over right, point toes right to the right side

&5 Close right together, stomp left forward

6-7-8 Hold for 3 counts

41-48: CLOSE LEFT, STEP RIGHT, TURN ½ LEFT IN 7 COUNTS AND WALK WITH WOBBLING KNEES!

&-1 Left beside right, step right forward

2-8 Walk in seven counts a turn ½ left, and push your knees in and out.(weight ends on left)

### PART B – 32 counts

1-8: STEP RIGHT WITH HIP BUMP RIGHT TWICE, STEP LEFT WITH HIP BUMP LEFT TWICE, HIP ROLL TO THE LEFT

1-2 Step right to the right side and bump right hip to the right twice

3-4 Bump hips left to left side (twice)

5-6-7-8 Roll your hips in a circle 2 times to the left

9-16: ROLLING VINE RIGHT, CLAP, ROLLING VINE LEFT, CLAP

1-2 Turn ¼ right and step right forward, ½ right step left back

3-4 Turn ¼ right and step right to side, clap

5-6 Turn ¼ left and step left forward, turn ½ left and step right back

7-8 Turn ¼ left and step left to side, clap

17-24: RIGHT DIAGONAL FORWARD STEP, LEFT TOGETHER, RIGHT STEP FORWARD, HOLD, LEFT DIAGONAL FORWARD STEP, RIGHT TOGETHER, LEFT STEP FORWARD, HOLD

1-2-3-4 Step right diagonally forward, close left together, step right diagonally forward, hold

5-6-7-8 Step left diagonally forward, close right together, step left diagonally forward, hold

*Hand movements; on count 1-3-5-7 when you step forward use your hands like pulling yourself forward*

25-32: JAZZ BOX CROSS TURN ¼ RIGHT, DIAGONAL HAND PUSH FORWARD WITH HIP BUMP BACK(TWICE)

1-2 Cross right over left, ¼ right step left back

3-4& Step right to side, cross left over right, step right to side

5 Push both hands left forward diagonal while you push your bum back right

6 Recover right & left center

&-7 Take weight on left push both hands right forward diagonal while your bum back left

8 Recover right & left center