

# Twist with the Fat Boys

**Count:** 80    **Wall:** 4    **Level:** Phrased Intermediate

**Choreographer:** Roy Verdonk & Wil Bos

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

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**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  $\frac{1}{4}$  turn right step RF forward,  $\frac{1}{2}$  right step LF back  
3-4  $\frac{1}{4}$  turn right step RF to right side, Clap hands  
5-6  $\frac{1}{4}$  turn left step LF forward,  $\frac{1}{2}$  turn left step back on RF  
7-8  $\frac{1}{4}$  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 $\frac{1}{4}$ Turn R, Diagonal Hand Push Forward with Hip Bumb Backwards(x2)**

- 1-2 Cross RF over LF,  $\frac{1}{4}$  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**