

# THE TWIST

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**MUSIC:** "The Twist" by Chubby Checker - CD: Chubby Checker's Greatest Hits - Track #2

**SEQUENCE:** Intro, A, B, C, B, D, C, B, Ending **SPEED:** As on Mini-Disc (Slow) **RELEASED:** July 2008

**RHYTHM:** Jive **PHASE:** VI **FOOTWORK:** Described for Man - Woman opposite (or as noted)

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## INTRO

### **1 - 4 WAIT; CHANGE L TO R w/CONTINUOUS CHASSE;; 2 SLOW FLEA HOPS;**

Wait 1 down beat and 1 meas in LEFT OPEN FACING POS M FACING LOD with lead foot free for both;

{**Change L to R w/Cont Chasse**} Rk apt L, rec R, trng ¼ RF chasse L/R, L; Sd chasse R/L, R/L, R/L, R (rk apt R, rec L, trng ½ LF under joined lead hands chasse R/L, R; cont LF trn ¼ further sd chasse L/R, L/R, L/R, L) to end LEFT OPEN FACING M FACING WALL;

{**2 Slow Flea Hops**} Lift L knee and slip R ft slightly to L/cl L to R,-, lift R knee and slip L ft slightly to R/cl R to L still in LEFT OPEN FACING M FACING WALL,-;

## PART A

### **1 - 4 STOP & GO; TO BUTTERFLY; TRAVELING SAND STEP 8;;**

{**Stop & Go**} Rk apt L, rec R raising lead hands to trn W under LF fwd chasse L/R, L placing R hand on W's L shoulder blade w/lead hands now low to end in R sd by sd pos fcing WALL; Fwd R softening R knee slightly & look R bk at W, rec L raising lead hands to lead W to trn under RF, small bk in place chasse R/L, R (rk apt R, rec L comm LF trn, cont LF trn chasse R/L, R completing ½ LF trn under lead hands; rk bk L extending L arm straight up, rec R comm RF trn, cont RF trn chasse L/R, L completing ½ RF trn under lead hands) to end BFLY M FACING WALL;

{**Traveling Sand Step 8**} Swvl 1/8 RF on R/place L toe to R instep no wgt, swvl ¼ LF on R/sd & fwd L, swvl ¼ RF on L/place R heel diag fwd without wgt, swvl ¼ LF on L/XRIF of L; Swvl ¼ RF on R/place L toe to R instep without wgt, swvl ¼ LF on R/sd & fwd L, swvl ¼ RF on L/place R heel diag fwd without wgt, swvl ¼ LF on L/XRIF of L;

### **5 - 8 AMERICAN SPIN (BOTH) TO OPEN;;; RK TO SWVL WALK 4;;; JITTERBUG KICK TO BFLY;;;**

{**American Spin Both Spin**} Swvl 1/8 on R/rk apt L, rec R, almost cl to chasse in pl L/R, L spin LF (RF) 1 full trn on last step of triple release hand hold; Join trail hands as chasse sd in place R/L, R to end OPEN FCING LOD,

{**Rk to Swvl Walk 4**} Rk bk L, rec R; With lead arm extended out to side toeing out swvl small fwd L, R, L, R;

{**Jitterbug Kick to Bfly**} Tch L to R blending to BFLY WALL, trng slightly LF on R sd & fwd L LOD, kick R fwd & across L, swvl slightly RF on L and tch R to L; Sd chasse R/L, R in BFLY,

### **9-12 RK TO SYNCOPATED SIDE BREAK;;; & CURLY WHIP; TO SEMI;**

{**Rk to Sync Side Break**} Rk apt L, rec R lowering hands; Sd L/sd R, hold, hold, together L under L hip/cl R to L;

{**& Curly Whip to Semi**} Rk fwd L, rec R raising joined lead hands, trng ½ RF chasse L/R, L to CP FCING COH; Cont RF trn XRIB of L, cont RF trn sd L, small sd in place chasse R/L, R (rk bk R, rec L, trng ½ LF under joined lead hands chasse R/L, R to CP; fwd L towards M R sd trng RF, fwd R between M's feet cont RF trn, sd chasse L/R, L) start to blend to SCP LOD;

## PART B

### **1 - 4 RK TO CHASSE ROLL 2 TRIPLES;;; ROLL 2 & TRIPLE FC REV;;; RK TO 2 KICK BALL CHGS;;;**

{**Rk to Chasse Roll 2 Triples**} Rk bk L, rec R trng 1/8 RF to fc ptr, sd L/cl R to L, sd L trng ½ RF now bk to bk; Sd R/cl L to R, sd R trng ½ RF to fc ptr,

{**Roll 2 & Triple Fc Rev**} Sd L trng ½ RF, sd R trng ½ RF to fc ptr; Sd L/cl R to L, sd L trng 1/8 RF to LEFT ½ OPEN REV,

{**Rk to 2 Kick Ball Changes**} Rk bk R, rec L; Kick R fwd & sd/cl R on ball to L, cl L to R in place whole foot, kick R fwd & sd/cl R on ball to L, cl L to R in place whole foot;

### **5 - 8 RK TO CHASSE ROLL 2 TRIPLES;;; ROLL 2 & TRIPLE TO SCP;;; RK TO 2 KICK BALL CHGS;;;**

{**Rk to Chasse Roll 2 Triples**} Rk bk R, rec L trng 1/8 LF to fc ptr, sd R/cl L to R, sd R trng ½ LF now bk to bk; Sd L/cl R to L, sd L trng ½ LF to fc ptr,

{**Roll 2 & Triple to Semi**} Sd R trng ½ LF, sd L trng ½ LF to fc ptr; Sd R/cl L to R, sd R trng 1/8 LF to SCP LOD,

{**Rk to 2 Kick Ball Changes**} Rk bk L, rec R; Kick L fwd & sd/cl L on ball to R, cl R to L in place whole foot, kick L fwd & sd/cl L on ball to R, cl R to L in place whole foot in SCP LOD;

**9-12 THROWAWAY BOTH OVERTURN; SNAP FREEZE,,, & LEFT TO R w/EXTRA TURN TO FACE;;;**

{**Throwaway Both Overturn**} Fwd chasse L/R, L leading W to fold in front, trng RF small fwd chasse R/L, R (trng 3/8 LF sd & bk chasse R/L, R to CP DLW, cont LF trn releasing from CP small fwd chasse L/R, L) to end almost bk to bk w/lead hands joined M fcing DRW and W fcing DLW;

{**Snap Freeze & L to R w/Extra Turn to Face**} Sharply swvl ¼ LF on R leaving L pointed fwd twd ptr, hold, hold, small bk L on ball/in place R whole foot; Trng ¼ RF chasse L/R, L, sd R leading W under lead hands again, XLIF of R; Sd chasse R/L, R to LEFT OPEN FCING M FCING WALL, rk apt L, rec R (sharply swvl ¼ RF on L leaving R pointed fwd twd ptr, hold, hold, small bk R on ball, in place R whole foot; trng ½ LF under joined lead hands chasse R/L, R, cont trng LF sd L trng under joined lead hands again, sd R cont LF trn to fc ptr completing 1 ¾ LF trn; Sd chasse L/R, L, rk apt R, rec L) to end LEFT OPEN FACING M FACING WALL;

**NOTE:** The last rock apart & recover, though in this meas, is part of the Link in Part C & the Ending, as well as the Triple Wheel in Part D, as far as the cue goes.

**NOTE:** 2<sup>nd</sup> time end Part B w/a R handshake and the cue should be **Extra Turn To Handshake** for Triple Wheel.

**PART C****1 - 4 LINK TO WHIP TURN SEMI;; JIVE WALKS; KICK CLOSE TWICE;**

{**Link to Whip Turn Semi**} Small fwd chasse L/R, L completing 3/8 RF trn to CP fcing DRC, cont RF trn XRIB of L, cont RF trn sd L; Cont RF trn small sd in place chasse R/L, R (small fwd chasse R/L, R completing 3/8 RF trn to CP, cont RF trn fwd L, cont RF trn small fwd R between M's feet; cont RF trn sd chasse L/R, L) start to blend to SCP LOD,

{**Jive Walks**} Rk bk L, rec R; Fwd chasse L/R, L, fwd chasse R/L, R in SCP LOD;

{**Kick Close Twice**} Kick L fwd, cl L to R, kick R fwd, cl R to L in SCP LOD;

**5 - 8 RK TO REVERSE WHIP SEMI;; RK TO ONE FWD TRIPLE; 2 POINT STEPS;**

{**Reverse Whip**} Rk bk L, rec R, fwd L/sd & slightly bk R, small fwd L heel opposite R toe to CP DLC; Sd & slightly fwd R trng LF, swvl LF on ball of L ending L heel opposite R toe fcing WALL, sd chasse R/L, R (rk bk R, rec L, trng LF sd chasse R/L, R; trng LF XLIB of R w/L toe opposite R heel, cont LF trn bk & slightly sd R, sd chasse L/R, L) start to blend to SCP LOD;

{**Rk to Fwd Triple**} Rk bk L, rec R, fwd chasse L/R, L loosening the hold in SCP LOD;

{**2 Point Steps**} Point R fwd toeing out, fwd R, point L fwd toeing out, fwd L in loose SCP LOD;

**9-12 KICK STEP EACH WAY; CROSS CHECK FREEZE,,, & PRETZEL TURN;; RK & UNWRAP IN 2;**

{**Kick Step Each Way**} Kick R fwd & across twd LOD, trng ¼ RF on L sd & fwd R twd RLOD to loose RSCP, kick L fwd & across twd RLOD, trng 1/4 LF on R sd & fwd L to loose SCP;

{**Cross Check Freeze & Pretzel Turn**} Lowering slightly XRIF of L to check, hold, hold, rk bk L on ball/in place R; Releasing trailing arm hold & maintaining lead hand hold fwd chasse trng RF L/R, L, cont RF trn chasse sd & fwd R/L, R to end lead hands now joined low behind bk to bk to bk V-pos M fcing DLC and W fcing DLW;

{**Rk & Unwrap 2 to Semi**} Rk fwd L down LOD, rec R comm LF trn, cont LF trn sd L, cont LF trn sd R start to blend to SCP LOD;

**PART B****PART D****1 - 4 TRIPLE WHEEL (HANG ON) LADY TWIRL TO FACE CENTER;; ROLLING OFF THE ARM;;**

{**Triple Wheel**} Trng RF fwd & sd chasse L/R, L to touch W's bk w/L hand trng LF on last step of triple, cont slight LF trn fwd & sd chasse R/L, R extend L arm out to sd trng RF on last step of triple; Cont slight RF trn fwd & sd chasse L/R, L to touch W's bk w/L hand & raise R hands to lead W under on last step of triple, in place triple R/L, R bringing R hands down (trng LF fwd & sd chasse R/L, R extend L arm out to sd trng RF on last step of triple, cont slight RF trn fwd & sd chasse L/R, L to touch M's bk w/L hand trng LF on last step of triple; cont slight LF trn fwd & sd chasse R/L, R extend L arm out to sd spinning RF 1 full trn on last step of triple under joined R hands, cont ½ RF trn chasse in place L/R, L) to end in handshake M FCING COH;

{**Rolling Off The Arm**} Rk apt L, rec R comm RF trn, cont RF trn small chasse L/R, L while leading W to trn L in crook of R arm & end in skaters pos FCING LOD; Wheel ½ RF fwd R, L, to end fcing RLOD, cont RF trn fwd chasse R/L, R (rk apt R, rec L comm LF trn, cont LF trn chasse R/L, R into M's R arm; wheel ½ RF trn bk L, R, comm RF trn, cont RF trn chasse L/R, L off M's R arm) to handshake M FCING COH;

**5 - 8 MIAMI SPECIAL TO LEFT OPEN REV;;; SHE GO HE GO TO LEFT OPEN LINE;;; RK & SLIDE;**

**{Miami Special to Left Open Rev}** Rk apt L, rec R comm RF trn, pass by ptr fwd & sd chasse L/R, L completing ¾ RF trn under joined R hands and immediately take R hands over head to rest behind neck to end both FCING RLOD w/M's L arm around W's back; Sd chasse R/L, R allowing L hand to slide off W's arm (rk apt R, rec L, pass by ptr fwd & sd chasse R/L, R making ¾ LF trn under R hands; Sd chasse L/R, L allowing R hand to slide off M's arm) to join lead hands and end in LEFT OPEN FCING RLOD,

**{She Go He Go to Left Open Line}** X rk LIB of R, rec R; Sd chasse L/R, L on last step comm LF trn under joined lead hands, cont LF trn sd chasse R/L, R completing ½ LF trn under lead hands (X rk RIB of L, rec L; trng ½ LF under joined lead hands R/L, R to momentarily fc ptr, sd chasse L/R, L) to LEFT OPEN FCING LOD;

**{Rk & Slide}** X rk LIB of R, rec R, sliding behind W sd chasse L/R, L (X rk RIB of L, rec L, sliding in front of M sd chasse R/L, R) to join trailing hands & end OPEN FCING LOD;

**9-12 RK & SLIDE M IN FRONT; RK & SLIDE TO WRAP LINE; WHEEL 4; & UNWRAP TO FACE;**

**{Rk & Slide M in Front}** X rk RIB of L, rec L, sliding in front of W sd chasse R/L, R (X rk LIB of R, rec R, sliding behind M sd chasse L/R, L) to join lead hands & end LEFT OPEN FCING LOD;

**{Rk & Slide to Wrap Line}** X rk LIB of R, rec R, sliding behind W raising joined lead hands sd chasse L/R, L (X rk RIB of L, rec L, sliding in front of M under joined lead hands sd chasse R/L, R) to join trailing hands around W's R waist to end WRAP POS FCING LOD;

**{Wheel 4 & Unwrap to Face}** Wheel RF fwd R, L, R, L completing 1 full turn to end fcng LOD still in WRAP POS; Lead W under lead hands trng ¼ RF in place R/L, R, rk apt L, rec R (bk L, R, L, R; trng ¾ RF under joined lead hands L/R, L, rk apt R, rec L) to end LEFT OPEN FACING M FACING WALL;

**NOTE:** The last rock apart & recover, though in this meas, is part of the Link in Part C, as far as the cue goes.

**PART C****PART B****ENDING****1 - 4 LINK TO WHIP TURN SEMI;;; JIVE WALKS; KICK CLOSE TWICE TO FACE;**

**{Link to Whip Turn Semi}** Small fwd chasse L/R, L completing 3/8 RF trn to CP fcng DRC, cont RF trn XRIB of L, cont RF trn sd L; Cont RF trn small sd in place chasse R/L, R (small fwd chasse R/L, R completing 3/8 RF trn to CP, cont RF trn fwd L, cont RF trn small fwd R between M's feet; cont RF trn sd chasse L/R, L) start to blend to SCP LOD,

**{Jive Walks}** Rk bk L, rec R; Fwd chasse L/R, L, fwd chasse R/L, R in SCP LOD;

**{Kick Close Twice}** Kick L fwd, cl L to R, kick R fwd, swvl 1/8 RF on L/cl R to L to CP WALL;

**5 - 8 AMERICAN SPIN (BOTH) TO OPEN;;; RK TO SWVL WALK 4;;; JITTERBUG KICK TO BFLY;;;**

**{American Spin Both Spin}** Rk apt L, rec R, almost cl to chasse in pl L/R, L spin LF (RF) 1 full trn on last step of triple releasing hand hold; Join trailing hands as chasse sd in place R/L, R to end OPEN POS FACING LOD,

**{Rk to Swvl Walk 4}** Rk bk L, rec R; Toeing out swvl small fwd L, R, L, R;

**{Jitterbug Kick to Bfly}** Tch L to R blending to BFLY WALL, trng slightly LF on R sd & fwd L LOD, kick R fwd & across L, swvl slightly RF on L and tch R to L; Sd chasse R/L, R in BFLY,

**9-12 RK TO SYNCOPATED SIDE BREAK;;; & TRAVELING SAND STEP 7 TO PRESS LINE HOLD;;;**

**{Rk to Sync Side Break}** Rk apt L, rec R lowering hands; Sd L/sd R, hold, hold, together L under L hip/cl R to L;

**{Traveling Sand Step 7 to Press Line}** Swvl 1/8 RF on R/place L toe to R instep without wgt, swvl ¼ LF on R/sd & fwd L, swvl ¼ RF on L/place R heel diag fwd without wgt, swvl ¼ LF on L/XRIF of L; Swvl ¼ RF on R/place L toe to R instep without wgt, swvl ¼ LF on R/sd & fwd L, swvl ¼ RF on L/place hands on hips and R toe diag fwd in light press line & hold,

**NOTE:** Traveling Sand Step in measures 11 & 12 is actually 1 beat shy of 2 full measures to end with the music.