

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 fcng 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 tm 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: 2nd 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{1}{2}$ LF trn under lead hands (X rk RIB of L, rec L; trng $\frac{1}{2}$ 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 $\frac{1}{4}$ RF in place R/L, R, rk apt L, rec R (bk L, R, L, R; trng $\frac{3}{4}$ 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 $\frac{3}{8}$ 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 $\frac{3}{8}$ 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 $\frac{1}{8}$ 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 $\frac{1}{8}$ RF on R/place L toe to R instep without wgt, swvl $\frac{1}{4}$ LF on R/sd & fwd L, swvl $\frac{1}{4}$ RF on L/place R heel diag fwd without wgt, swvl $\frac{1}{4}$ LF on L/XRIF of L; Swvl $\frac{1}{4}$ RF on R/place L toe to R instep without wgt, swvl $\frac{1}{4}$ LF on R/sd & fwd L, swvl $\frac{1}{4}$ 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.