

# The Twist

48 count, 2 wall, beginner level

Choreographer: Richard Munden (England) May 2002

Choreographed to: The Twist by Chubby Checker,  
The Ultimate Collection (157 bpm)

Intro: Step 1 is when 'Baby' is sang; Come on BABY

## HEEL TWISTS X2, GRAPEVINE

- 1 - 2 Twist both heels right and centre
- 3 - 4 Twist both heels right and centre
- 5 - 6 Right to right, left cross behind
- 7 - 8 Right to right, left touch together

## HEEL TWISTS X2, GRAPEVINE ¼ TURN

- 9 -10 Twist both heels left and centre
- 11-12 Twist both heels left and centre
- 13-14 Left to left, right cross behind
- 15-16 Left to left, ¼ turn to left step left in place

REPEAT 1 – 14 for 17 – 30

## GRAPEVINE ¼ TURN SCUFF

- 31-32 Left to left, ¼ turn to left with a scuff

## WALK FORWARD RIGHT LEFT RIGHT, TOE STRUTS BACK X2

- 33-34 Step forward right, step forward left
- 36-35 Step forward right, kick forward left
- 37-38 Step left toe back, drop ball of foot down
- 39-40 Step right toe back, drop ball of foot down

## SLOW COASTER, SLOW ROCK RECOVER

- 41-42 Step back left, step back right
- 43-44 Step forward left, hold
- 45-46 Rock right to right, recover to left
- 47-48 Step right together, hold

REPEAT, ENJOY AND DON'T FORGET

Always Smile when Dancing