THE TWIST 2025

Choreo for May 2025 Star Country Squares Sock Hop Dance in Vernon, B.C.,Canada

Song Title: THE TWIST Artist: Chubby Checker Available @ i-Tunes (2:37)

Rhythm: Two Step Phase: II+0+1
+ Figures: "The Twist" {unphased}
Speed: 45 rpm (*adjust to suit*)
Footwork: *as per* RAL Manual (*or as described*)
Published: July 2025
Seq: Intro, AB, ABC, ABCmod

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Music Link to listen: **music.youtube.com/watch?v=EVb1r-HTlNs**

INTRO WAIT 2 MEAS;; APART POINT; TOGETHER TOUCH TO OP;

1-4 in OP FCG ld ft free wait 2 meas;; apt L, -, pt R, -; fwd R (W fwd L) trng to fc LOD in OP, -, tch L to R, -;

A 2 FORWARD TWO STEPS;; DOUBLE HITCH;;

1-2 in OP fcg LOD fwd L, cl R, fwd L, -; fwd R, cl L, fwd R, -;
3-4 remain in OP fcg LOD fwd L, cl R, bk L, -; bk R, cl L, -, fwd R remain in OP, -;

2 FORWARD TWO STEPS;; DOUBLE HITCH;;

5-8 repeat Part A measures 1-4;;;;

CIRCLE AWAY 2 TWO STEPS;; STRUT TOGETHER 4 TO NO HANDS;;

9-10 in OP separating awy frm ptnr mvng in crclr pttrn fwd trn L, cl R, fwd trn L, -; fwd trn R, cl L, fwd trn R, -;
11-12 trng to fc & mvng twds ptnr w/ poise fwd L, -, fwd R, -; fwd L, -, fwd R end fcg ptnr w/ no hnds tchng, -;

B DO "THE TWIST" TO BFLY;;;;

1 FCG hnds free fcg ptnr & Wall lean slightly fwd w/ knees softly bent swvl LF on R sml fwd & sd L swvlg LF (W swvl RF on L sml sd & fwd R swvlg RF), swvl on both feet RF, LF, RF moving arms freely w/ optn of lowrng self twds the floor on 4 count;
2 if had lowered self comm to rise up slightly leaning backwards swvlg LF, RF, LF, RF to standing erect on 4 count;
3-4 repeat process of swvlg & twisting on measures 1 & 2 to end w/ wgt on trl ft blend to BFLY;;

FACE TO FACE; BACK TO BACK; BASKETBALL TURN TO OP [LOD];;

5-6 BFLY/W sd L, cl R, sd trn L trng LF (W RF), -; twds LOD sd R, cl L, sd trn R to OP/LOD, -;
7-8 OP/LOD trng RF (W LF) fwd trn L ¼ to fc, -, rec trn R ¼ to sd by sd pos fcg rev, -; fwd trn L ¼ in bk to bk pos, -, rec trn R to OP fcg LOD, -;

VINE APART, CLAP; VINE TOGETHER [BFLY]; OPEN VINE 4 [OP 1st Time FCG 2nd & 3rd Time];;

9-10 fcg LOD in OP mvng awy frm ptnr sd L, xib R (W xib L), sd L, tch R/clap hnds; fcg LOD sd R mvng twds ptnr, xib L (W xib R), sd R trng to fc ptnr, tch L to R blend to BFLY;
11-12 fcg Wall in BFLY sd L, -, xib R to LOP, -; trng to fc ptnr sd L, -, xif R end in OP fcg LOD, -;
12 **2nd & 3rd time {trng to fc sd L, -, xif R trng body to fc ptrn relse all hnd hold, -;}

REPEAT PARTS A & B [FCG / NO HAND HOLD]

C SOLO LEFT TURNING BOX;;;;

1 fcg Wall FCG no hnd hld sd L, cl R, fwd trn L trng LF ¼ (W bk trn R trng ¼ LF) in right shldr to right shldr pos, -;
2 sd R, cl L, bk trn R trng LF ¼ (W fwd trn L trng ¼ LF) end in back to back position, -;
3-4 repeat meas 1 ending in left shldr to left shldr pos; repeat meas 2 and jn ld hnds;

LACE UP TO OP;;;;

5-8 in LOP FCG mvg diagnly ldg woman undr jnd ld hnds chg sides pssg bhd woman fwd L, cl R, fwd L end in LOP, -; In LOP LOD fwd R, cl L, fwd R jn trl hnds, -; ldg woman undr jnd trl hnds chg sides pssg bhd woman fwd L, cl R, fwd L end in OP, -; fcg LOD in OP fwd R, cl L, fwd R remain in OP, -;

FORWARD LOCK FORWARD 2X;; SCOOT; WALK 2;
9-10 in OP fcg LOD fwd L, lk R, fwd L, -; fwd R, lk L, fwd R, -;
11-12 fwd L, cl R, fwd L, cl R; fwd L, -, fwd R remain in OP, -;

REPEAT PARTS A & B [FCG / NO HAND HOLD]

CMOD SOLO LEFT TURNING BOX;;;; LACE UP [OP];;;;
1-8 repeat Part C measures 1-8;;;; - ;;;;

FORWARD LOCK FORWARD 2X;; SCOOT; APART POINT;
9-12 in OP repeat Part C 9 -11;;; Apt L extend ld arm to the side & up, -, Pt R toe w/a smile twds ptnr, -;

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QUICK CUES: **THE TWIST 2025** **Choreo by S&P Tennant: May 2025**

Intro OP FCG. LFF: Wait 2 meas;; Apart Point; Tog Tch to OP;

A 2 Fwd TS;; Dbl Hitch;;
2 Fwd TS;; Dbl Hitch;;
Crcl Awy 2 TS;; Strut Tog 4 *to fc* – NO HANDS;;

B DO "THE TWIST" to BFLY;;;;
Face to Face; Back to Back; BB Turn to OP;;
Vine Apart Clap; Vine Tog to BFLY; Op Vine 4 to OP;;

A 2 Fwd TS;; Dbl Hitch;;
2 Fwd TS;; Dbl Hitch;;
Crcl Awy 2 TS;; Strut Tog 4 *to fc* – NO HANDS;;

B DO "THE TWIST" to BFLY;;;;
Face to Face; Back to Back; BB Turn to OP;;
Vine Apart Clap; Vine Tog to BFLY; Op Vine 4 *to fc* NO HANDS;;

C SOLO Left Turning Box;;;;
Lace UP to OP;;;;
Fwd Lk Fwd 2x;; Scoot; Walk 2;

A 2 Fwd TS;; Dbl Hitch;;
2 Fwd TS;; Dbl Hitch;;
Crcl Awy 2 TS;; Strut Tog 4 *to fc* – NO HANDS;;

B DO "THE TWIST" to BFLY;;;;
Face to Face; Back to Back; BB Turn to OP;;
Vine Apart Clap; Vine Tog to BFLY; Op Vine 4 *to fc* NO HANDS;;

Cmod SOLO Left Turning Box;;;;
Lace UP to OP;;;;
Fwd Lk Fwd 2x;; Scoot; Apart, Point; - ;;