



Twist The Twist

48 Count 4 Wall High Beginner Level Dance.
Choreographed by: Marian Van Der Heijden (NL) Jul 2026
Choreographed to: The Twist by Polyvibz music
Intro: 48 Counts. Start at approx 22 secs.

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SEC 1 STEP, CLOSE, TWIST, STEP, CLOSE, TWIST

- 1-2 R step diagonally forward, L step beside
- 3-4 Twist both heels R, twist both heels to center
- 5-6 L step diagonally forward, R step beside
- 7-8 Twist both heels L, twist both heels to center

SEC 2 BACK, HOLD, BACK, HOLD, SLOW COASTER STEP, STEP

- 1-2 R step back, hold
- 3-4 L step back, hold
- 5-6 R step back, L step beside
- 7-8 R step forward, L step forward

SEC 3 POINT SIDE, TOUCH, SIDE, TOUCH, POINT SIDE, TOUCH, SIDE, TOUCH

- 1-2 R touch R to side, R touch beside L
- 3-4 R step R to side, L touch beside
- 5-6 L touch L to side, L touch beside R
- 7-8 L step L to side, R touch beside

SEC 4 STEP, KICK, BACK, TOUCH, ¼ TURN SIDE, TOUCH, SIDE, TOUCH

- 1-2 R step forward, L kick forward
- 3-4 L step back, R touch beside L
- 5-6 ¼ Turn L R step to side, L touch beside (9:00)
- 7-8 L step to side, R touch beside

SEC 5 TOE STRUT, TOE STRUT, JUMP OUT FORWARD, HIP ROLL

- 1-2 R touch toe forward, drop R heel transferring weight to R
- 3-4 L touch toe forward, drop L heel transferring weight to L
- &5 Jump forward R, jump forward L
- 6-7-8 Roll hips anticlockwise from L to R over 3 counts

SEC 6 SIDE ROCK, KICK, CLOSE, SIDE ROCK, KICK, CLOSE

- 1-2 R rock R to side, recover to L
- 3-4 R kick forward, R step beside L
- 5-6 L rock L to side, recover to R
- 7-8 L kick forward, L step beside R



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