

The Twist:

- Music:
1. *The Twist* by Chubby Checkers
 2. *Surfin U.S.A.* by The Beach Boys
 3. *Twist and Shout* by The Beatles
 4. *The Twist* by Classic Party Music
 5. *Let's Twist Again* by Kids Dance & Play
 6. *Peppermint Twist* by Kids Dance & Play
 7. *Twist and Shout* by Kid's Dance Party
 8. *Twistin' the Night Away* by Kid's Dance Party

Steps:

1. Place your right foot slightly in front of your left leg.
2. Right foot is on the ball of the foot, when twisting, it should look like you are "squishing a bug". 8 counts.
3. Left foot is on the ball of the foot, when twisting, it should look like you are "squishing a bug". 8 counts.
4. Twist arms and legs in place.
5. Twist down to the floor and then back up.
6. Twist to the right, 4 counts; twist to the left, 4 counts-sliding across the floor.
7. Add in *The Jerk*, *The Pony*, *The Monkey*, *The Swim* to *The Twist*.

The Jerk:

Steps:

1. Uses *The Pony* steps for the foot/leg movements.
2. Place hands in fists.
3. Arms move up and down, in front of your body, slowly, 16 counts.

The Pony:

Steps:

1. Both feet are side-by-side; on balls of feet; hop on the right foot, straightening the right leg, while bending the left knee; then bounce to the left side, and repeat the steps on the left side.

The Monkey:

Steps:

1. The feet are the same as they are for *The Pony*.
2. The fists and arms are the same as *The Jerk*.
3. The motion: continue arms and legs as stated above, while turning to the right side, then turning back to the middle, and then turning to the left side, and then turning back to the middle.

The Swim:

Steps:

1. Act as if you were swimming in a pool, using the front crawl stroke, back stroke, and breast stroke.
2. Continue using *The Pony* foot/leg steps.
3. Front Crawl: make an oval with your hands leading your arms, from your shoulder, out in front of you (parallel to the floor), back to armpits; right and left hands/arms are moving opposite one another.
4. Back Stroke: begin with hand/arm in front of you, pointing to the floor; leading with the back of your hand, raise your hand and arm above your head; pull your hand down to the top of your shoulder; drop your elbow to your waist; and then press palm of hand down to starting position. Right and Left hands/arms are moving opposite one another.
5. Breast Stroke: start by holding both elbows out to the side, at shoulder level, with finger tips touching one another; press arms out in front of you so the back of your hands are touching; then pull hands/arms back keeping your arms straight; bring hands in to your armpits; then begin again.
6. At the end of the song:
Both feet/legs are close together; pinch nose with one hand while the other is straight up, over your head; wiggle arm/hand while twisting down to the floor.