

HOW TO DO THE

TWIST

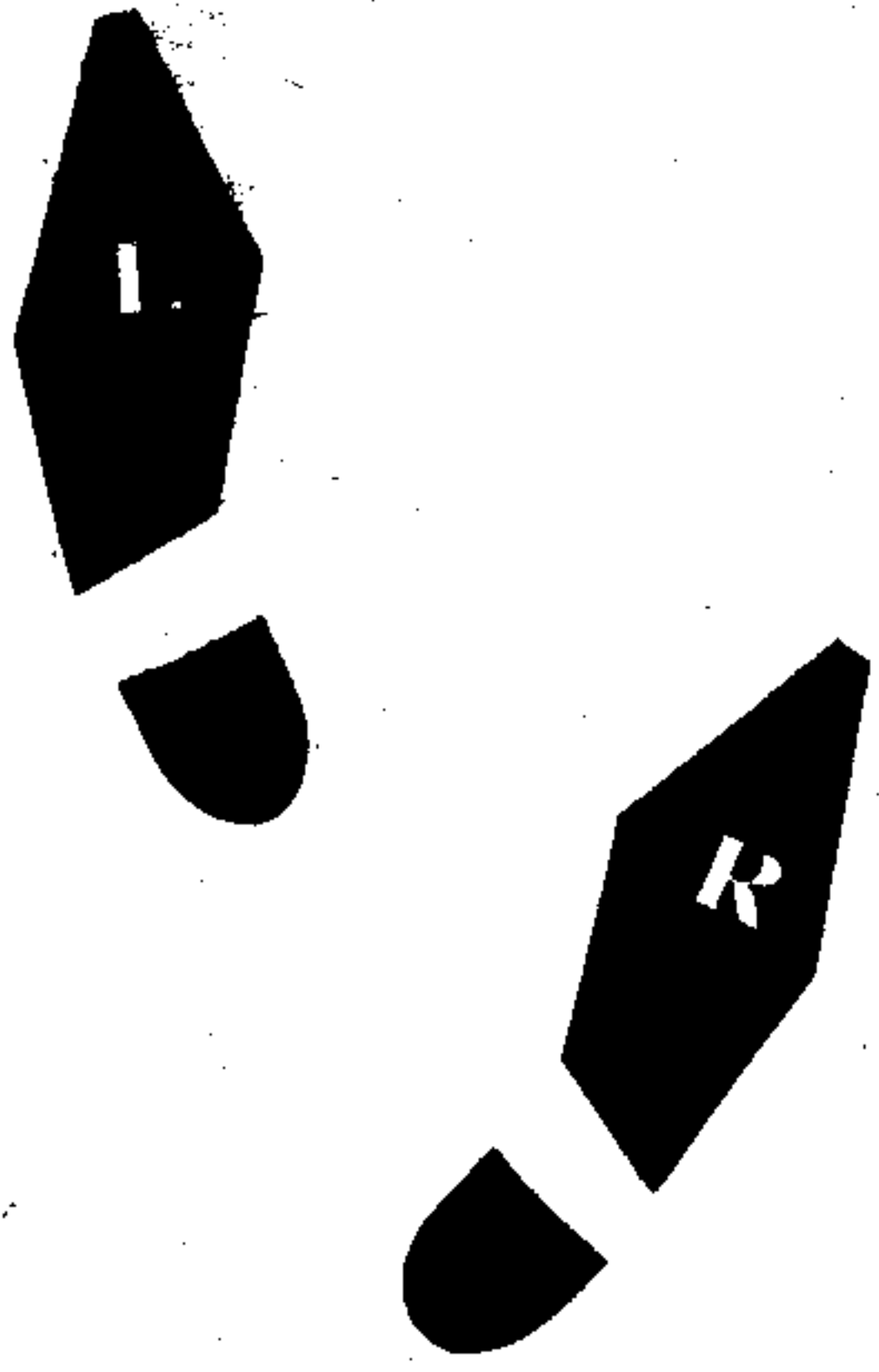
Starting position: Couples face one another. Both boy and girl have both feet flat on the floor, in the position indicated in diagram No. 1.

In diagrams 2 , 3 & 4 , figures indicate position of dancers as they would appear facing each other. The girl's body at the outset is leaning backwards, bending right knee, with the weight of the body on the right foot. The boy's body at the outset is leaning forward, bending left knee, with the weight of the body on the left foot.

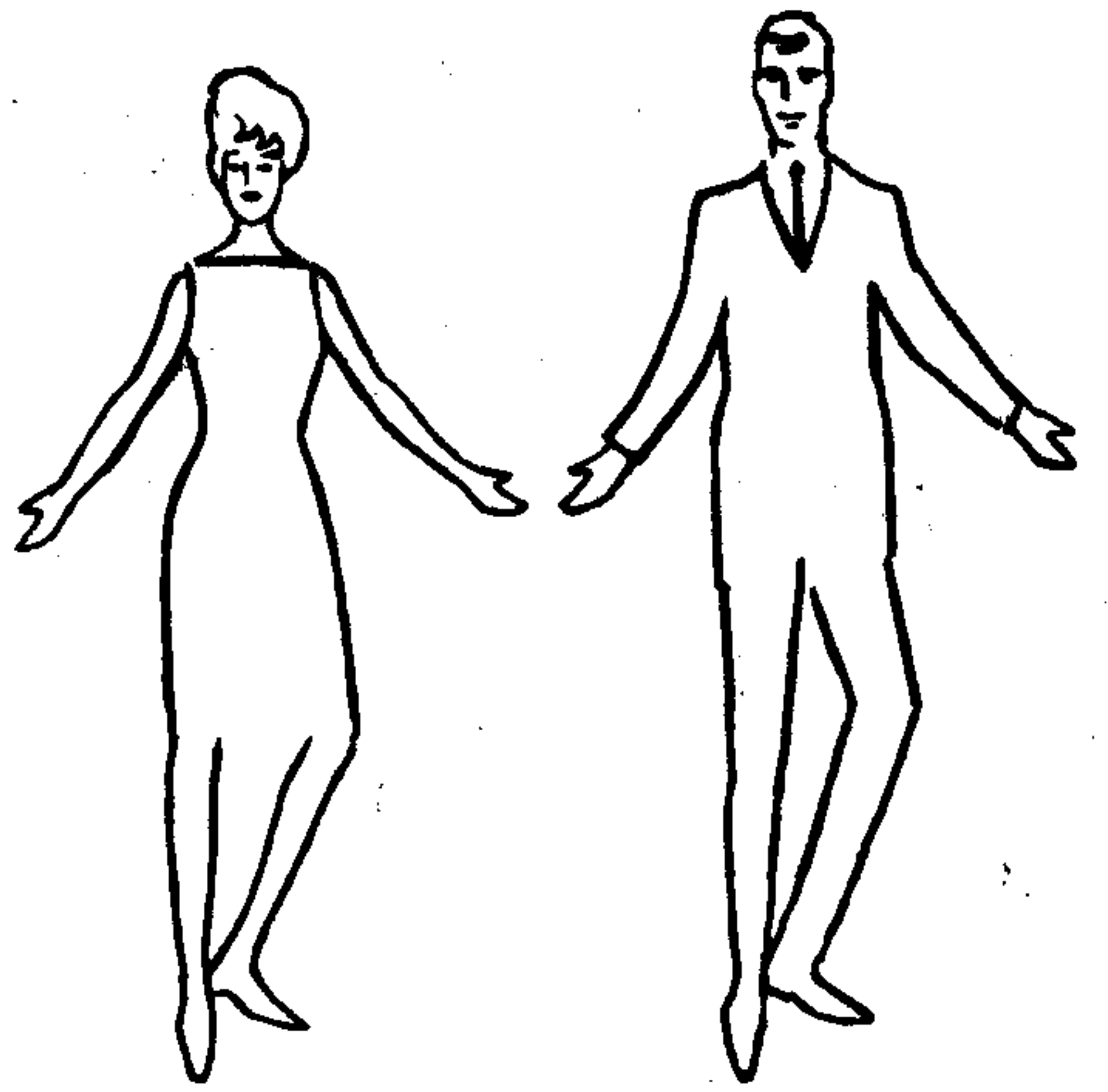
Both start twisting upper part of the body, from left to right, all the while keeping feet in place. The movement of the arms is in opposite direction from body movements. At no time is there any body contact between dance partners.

Slowly, in time with the music, the boy brings his weight backward to the right foot, maintaining a twisting motion from left to right. The girl does the reverse of the boy's movements. (See diagrams 5 , 6 , 7 & 8 .)

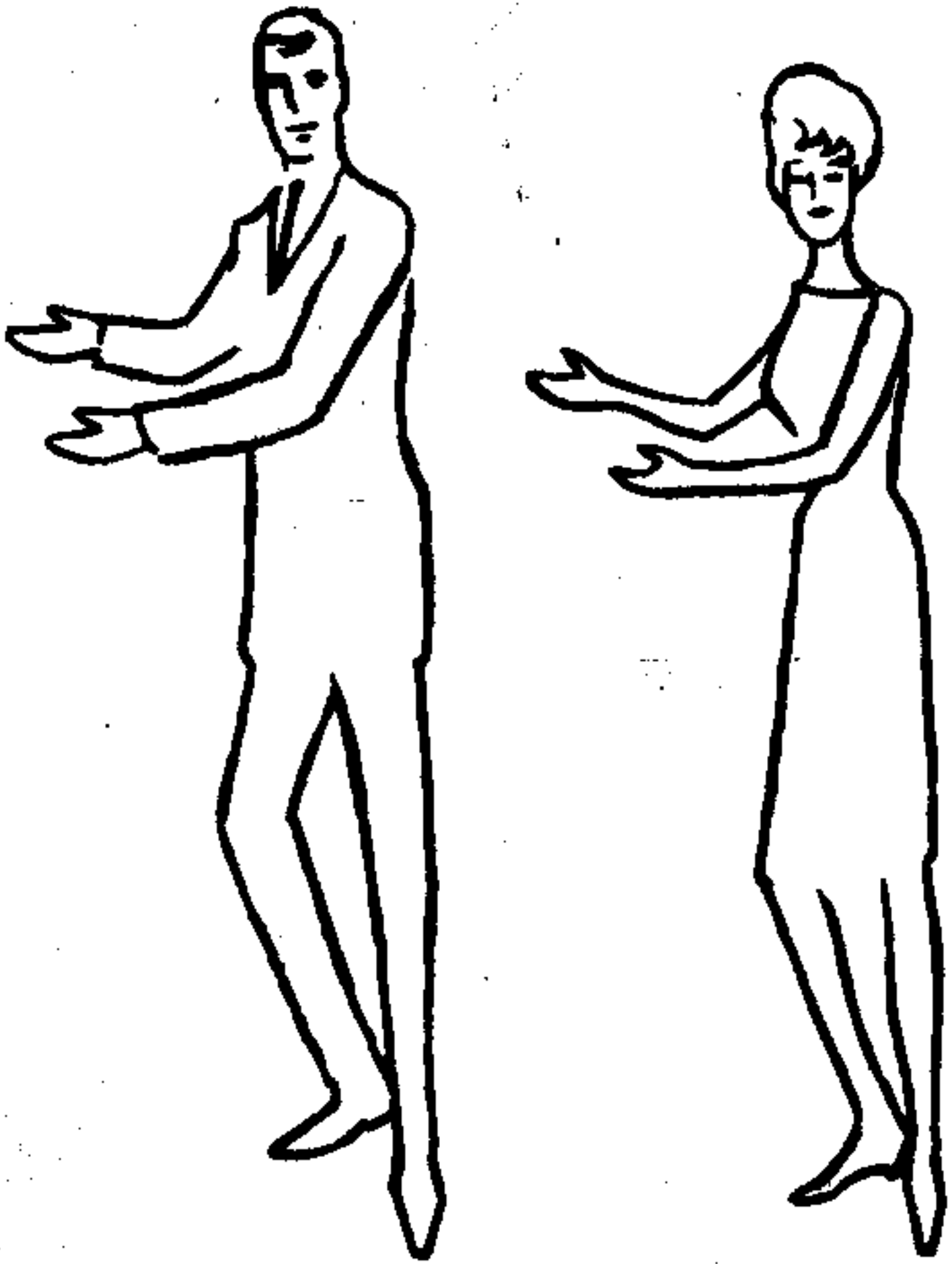
This is the basic twist. Many variations (e.g. couple back to back etc.) are possible.



1



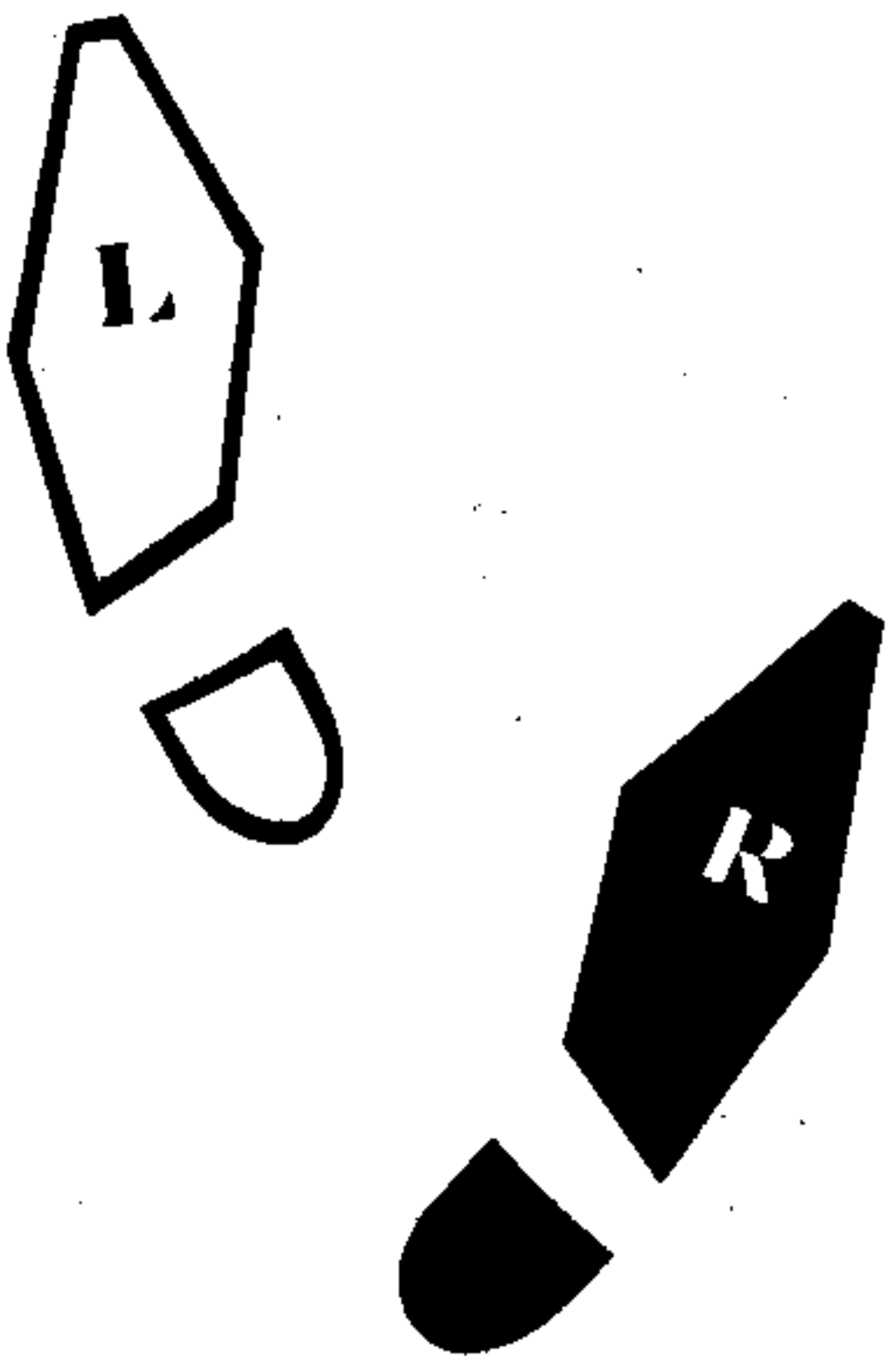
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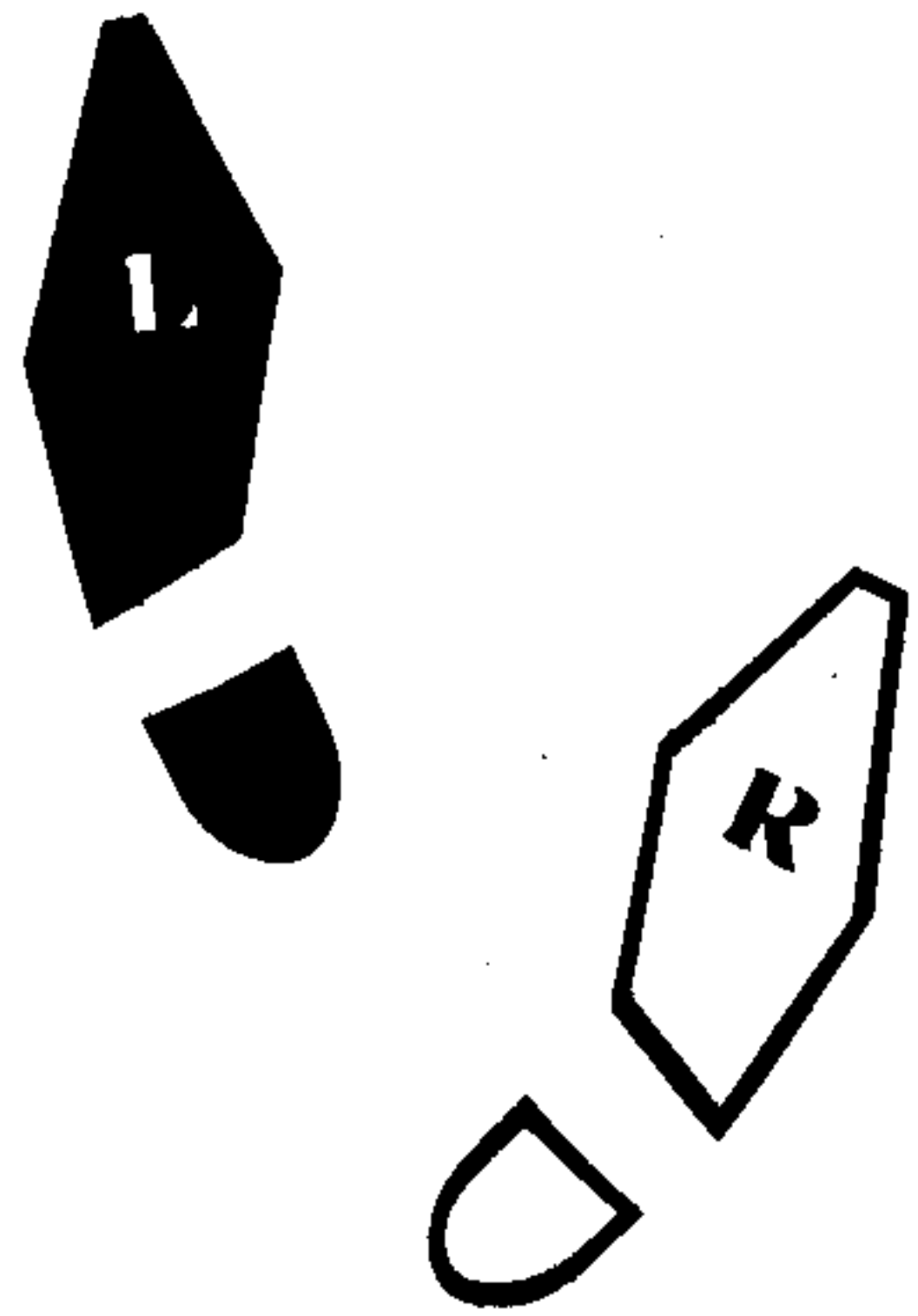
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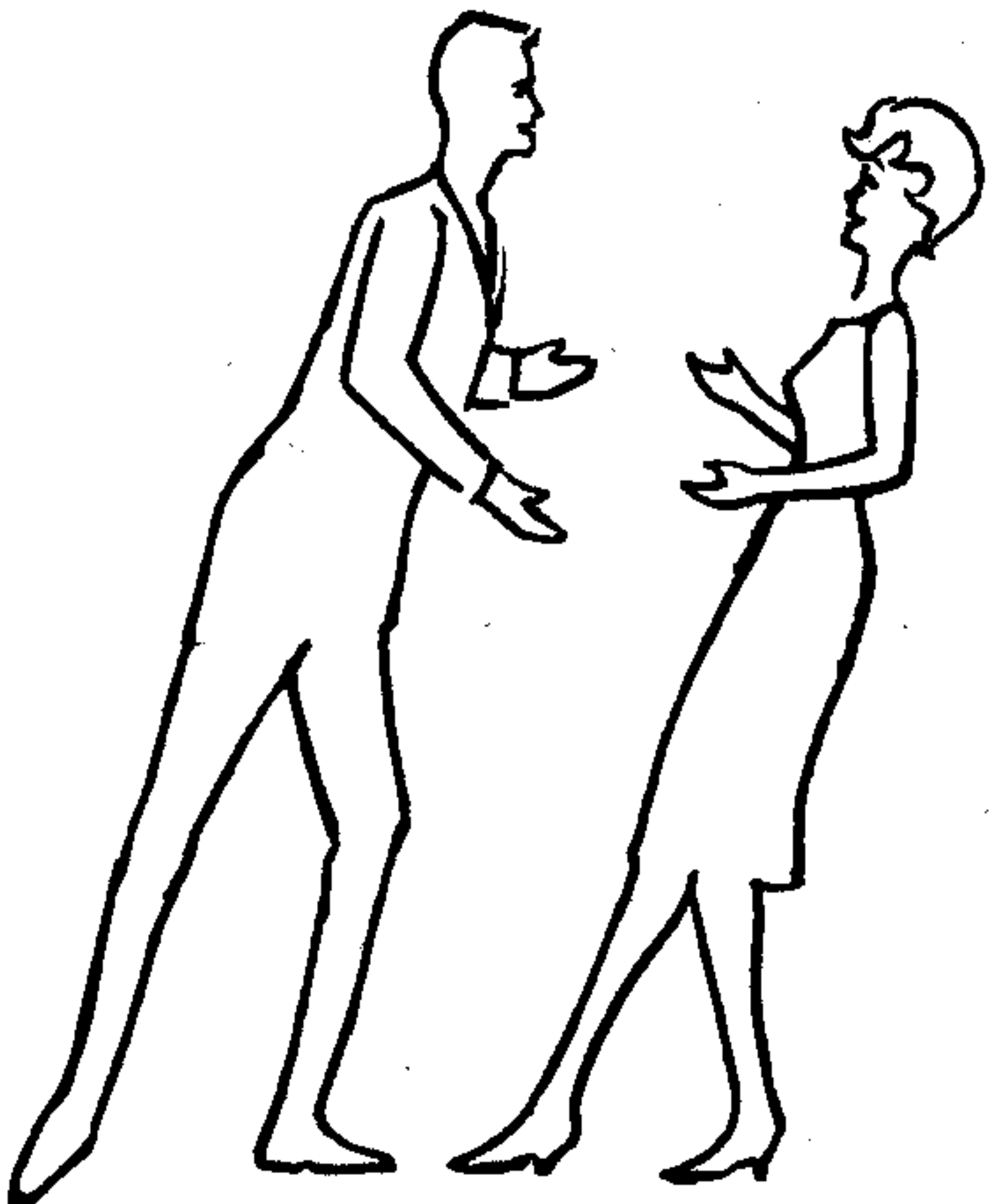
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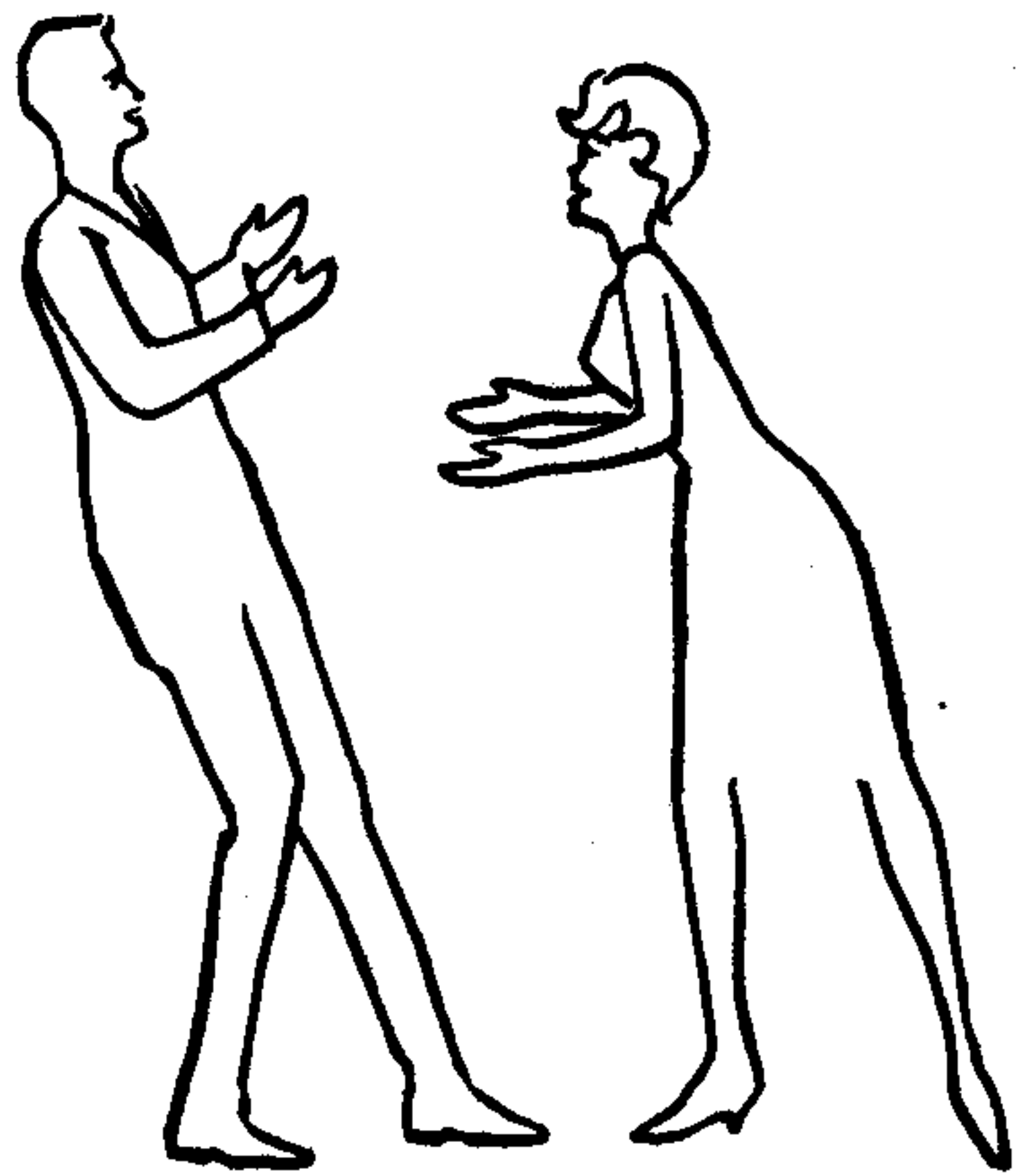
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6



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