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Visit us at www.twistermoves.com

on your own, look at these some fun ideas. examples for

If you can't think of a move

FOR 1 TO 2 PLAYERS / AGES 8 +



### Object

Keep in the groove, follow the moves and do what the DJs tell you to do. If you're the only one to get the moves right, you win!

## **Contents**

•2 Twister Moves® mats

•2 CDs

# **Get Ready!**

Put the 2 Twister Moves mats on the floor with the purple circles next to each other. Make sure they are on a flat hard surface (we don't recommend playing on carpeted areas).

Leave some space between the mats and make sure there's nothing in the room near you that you might bump into.

Let's make sure you have enough room to do your moves. Players should stand on the purple circles and lift their arms straight out, reaching toward the player across from them. You should be able to reach the fingertips of the other player.

See Figure 1 for a look at how to get ready.

We recommend playing in stocking feet.



Figure 1

#### IMPORTANT

• Dance sessions 21 on may be more difficult than others. Do not overextend or overexert yourself, as it could cause you to become unstable and fall.

• Due to the multiplayer aspect of this game, avoid coming in close contact with other players to eliminate any risk of injury.

People with any history of heart trouble, high blood pressure, vertigo, joint or ligament damage, or stroke should not play this game.



# **Get Set!**

1.) Choose one of the 2 Twister Moves CDs and place it in your CD player. It doesn't matter which CD you choose.



If you've never played Twister Moves, start with Track 1 for an introduction.

If you have played before, you can skip the introduction.

2.) Each mat has a number (1 or 2). To get started, choose one of the mats. This will be your player number. Stand on your mat with your feet on the foot spaces.



# **Groove!**

Two DIs (a guy and a girl) are going to call out a set of dance moves. The GUY calls out moves for your LEFT hand or foot, and the GIRL calls out moves for your RIGHT. If you forget, look at the feet on your mat for a reminder. OK, let's review: guy - left; girl - right! Got It? Good!

LISTEN UP — The first time through... just LISTEN! No dancing yet! The DJs will call out one complete set of moves. This will let you hear them once before you have to do them. Pay close attention and keep in mind:



If a DJ calls out a color, move your LEFT or RIGHT foot onto the matching color circle. For example, the guy says "purple" and the girl says "green," you will then put your LEFT foot onto the purple spot and your RIGHT foot onto the green spot. IMPORTANT: You will never be directed to move onto a spot with the other player.



If a DJ gives a hand-command such as "point," follow the command using the hand that matches the DI who made the call.

DO THE MOVES — After the DIs go through telling you the moves, you'll hear 4 short beats. This is the "START" signal and your cue to get movin'. This time, when the music starts, you do the moves called out by the DJs. Both players do the moves at the same time, so be careful not to bump into each other.

Did you make it through the Twister Moves? All right!



When playing Twister Moves you have three options: You can "Take the Challenge," "Practice the Moves," or "Move On" to a new set of moves.

**Take the Challenge:** Make sure you're ready, then press the PLAY button on your CD player and follow the commands. Try to get all the moves right and keep a lookout for the other player.

If you did the moves right, you keep going.

) If you made a mistake, you're KNOCKED OUT and the other player wins.

**Practice the Moves:** Press the REPEAT or Previous Track button on your CD player to repeat the same track. Keep practicing this set of moves as often as you like.

**Move On:** If you've got these moves down and you want to learn a new set, let you' CD player go on to the next track. Let's see how you do with these new moves!

**You're in the Groove** — Part way through the CD, the DJs will tell you to make up your own move. Go ahead and make up your move! If you need some help making up a move, look on the back of these instructions for some suggestions. We recommend you make up a move that keeps your feet planted on your mat and only involves moving the rest of your body such as leaning, bending, moving your arms, etc. Try to keep it **SHORT** and **SIMPLE** and pay attention to the other player's move.

From now on, if the DJs call out a 1 or a 2, you have to do that player's move.

#### **Solo Play**

If you want to practice some really cool dance moves, you can do it by playing Twister Moves on your own. Just set up one mat and follow the DJs' instructions.

Try to complete as many sets as possible. Your "score" is the number of tracks you successfully made it through. For example, if you make it up to track 23 without messing up, your score is 23.

### Sessions

Twister Moves has 2 types of sessions - Standard Sessions and DJ Mixes.

**Standard Sessions:** The DJs will call out the moves for the entire session. Then you repeat the moves to the beat of the music. The Standard Sessions will get more difficult as you go on.

**DJ Mixes:** These are mixes of our DJs' favorite Twister Moves music, designed to keep your feet movin' and your body groovin'.

# **Gameplay Variations**

#### Line Dance

To "Line Dance," put your mats side-by-side.

#### **Party Moves**

If you and your friends all have Twister Moves, you can put your mats together to make one larger "Party Moves" game. If there is more than one player with the same number, each of you show "your own moves," and let

the group choose which one to use. If you can't think of a move to use, look at the examples on the back of these instructions for some ideas.





TRACK LISTS

đ		DIS	C1	Landardard
23	JUST PURPLE LEAN AND MEAN KNOCK KNOCK MOVE IT DITTO YES AND NO* CRISS CROSS JUMPER WIGGLIN' DO YOUR OWN MOVES THIS IS THE ONE* TOGETHER ON GREEN MY TURN HANDS DOWN*	27 28 29 30 31 33 34 35 36 37 38 39 40 41 42 43 44 45 <b>46</b> <b>47</b> <b>48</b>	FAKIN' IT TILT LOWDOWN REWIND JUST FOLLOW M WASHING MACH SHOULDER POPI POP 'n' TURN MAKE UP YOUR N BACKSPIN TWICE AS NICE CLAPS JUMP OUT AND SHUTTIN' UP ALL AROUND SIDE STEPPIN' FREESTYLIN' STE THE OUTSIDE J - BONUS MOVES	HINE PIN MIND CHEER* PS - DJ Mix J - BOP PF* - BONUS TRACK
		DIS	C 2	
19 20 21 22 23	BRING IT HOME PURPLE STRETCH DRIBBLE N' SHOOT* SIDEWAYS MMM MMM REDS SNEAKIN' AROUND CLAP SOME MORE WOBBLIN' DO YOUR OWN MOVES JUST ONE TOOZ ALL AROUND BACK 'N FORTH THE BLUES I DON'T KNOW	28 RE 29 HPC 30 PC 312 GHI 333 AF PC 333 AF PC 41 AF PC 434 AF PC 445 AF PC 445 AF PC 445 AF PC 445 AF PC 447 AF PC 445 AF PC	ACH OUT DGO-ING XAS TAPPIN' DDGEBALL ATCH YOUR BACK IP FLOPPIN' ERE AND THERE T IT HA CHA CHA VISTED CHA CHA VISTED CHA CHA FHER WAY NARLACIOUS IE WHOLE ENCHIL DE TO SIDE - DJ M DNUS MOVES 1 -	ADA - Dj Mix lix! EYES FYES OFF OF YOU*- HEAD

- 49 I CAN'T TAKE MY EYES OFF OF YOU\*-BONUS TRACK 50 BONUS MOVES 2 HEAD 51 GET 'CHA HEAD IN THE GAME\*-
- - **BONUS TRACK**