Get up from your chair
Darling, may I have
(Get up from your chair)
The pleasure of having
(Get up from your chair)
This next twist with you
(Get up from your chair)
I don't know how to twist
(Get up from your chair)
You don't know how to twist
(Get up from your chair)
Well, let me tell you
(Get up from your chair)

Well, now, there's a new dance That's known as the twist It's really not new It's something you've missed

But there's a new dance That's known as the twist It's really not new It's something you've missed

Dear lady
(Get up from your chair)
Dear, dear lady
(Get up from your chair)

Well, now, doctors agree So I've been told Do the twist and You'll never grow old

Well, one night I happened On a go-go dance Believing I'd find Me some romance

And this old lady

I happened to see
I said, come on, baby
Do the twist with me

Dear lady
(Get up from your chair)
Oh, dear lady
(Get up from your chair)

Well, now, doctors agree So I've been told Do the twist and You'll never grow old Get up and do the twist now Yeah, oh, yeah

Well, I said
I'd love to dance
From now until dawn
She said, crazy, baby
But I'm almost gone

I said, now the rhythm Is getting real sweet This is no time To slow up your feet

Dear lady
(Get up from your chair)
Dear, dear lady
(Get up from your chair)

Well, now, doctors agree So I've been told Do the twist and You'll never grow old

You gotta do the twist
You gotta do the twist
Come on, get up
Get up
Come on, come on
Get up and do the twist