

WEST COAST SWINGIN'

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MUSIC: CD: ACOUSTICNESS, Artist: Robin Greenstein, Track # 9 "West Coast Swing"
CD or single track available from Walmart.com Release Date: 6/1/06
FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)
TIME: 3:21 at CD speed Suggested playback speed 95 to 98% of CD
RHYTHM: West Coast Swing & Jive PHASE: IV+1[Whip Turn]+1[L Side Pass w/Tuck & Spin]

SEQUENCE: **INTRO A A1-12 B A C B A1-11 ENDING**

INTRODUCTION

1-4 WAIT; SAILOR SHUFFLES 2X;; BACK, CLOSE, POINT,-;

[1] LOP facing M fcg LOD W fcg RLOD M's L & W's R ft pointed to COH ld hnds jnd
Wait 1 meas;

[2-3] {**Sailor Shuffles**} XLIB/sd R, sd L, XRIB/sd L, sd R (XRIB/sd L, sd R, XLIB/sd R,
sd L); Repeat Intro meas 2;

[4] {**Back Close Point**} Bk L, cl R, pt L sd to COH,- (Fwd R, cl L, pt R sd to COH,-);

PART A

1-3 SUGAR PUSH ~ UNDERARM TURN;;;

[1] {**Sugar Push**} Bk L, bk R, tch L, fwd L (fwd R, fwd L, tch R, bk R);

[2-3] Sip R/L, bk R (sip L/R, L), {**Underarm Turn**} bk L trng RF, fwd R trng RF raise jnd
lead hnds (fwd R, fwd L trn LF undr jnd lead hnds); Fwd L trng RF/cl R trng RF, fwd L fc
RLOD, sip R/L, bk R (fwd R trn LF/XLIF cont trn, bk R, sip L/R, L);

4-8 TUCK & SPIN ~ L SIDE PASS;;; M UNDERARM TURN ~ KICK,BALL/CHANGE;;

[4] {**Tuck & Spin**} Bk L, bk R, tch L, fwd L release hnds for W's spin (fwd R,
fwd L, tch R, trn RF step R spin full trn RF);

[5] Sip R/L, bk R (sip L/R, L), {**L Side Pass**} trng LF bk L fc WALL,cl R (fwd R, fwd L);

[6] Sip L/R, fwd L trn fc LOD (fwd R trn LF/XLIF cont trn, bk R fc RLOD), sip R/L, bk R
(sip L/R, L);

[7] {**M Underarm Turn**} Bk L, fwd & sd R twd W's L sd, trng RF undr jnd lead hnds
L/R, L to fc RLOD (Fwd R, fwd L, fwd R trn LF/XLIF cont trn, bk R to fc LOD);

[8] Sip R/L, bk R (sip L/R, L), {**Kick Ball/Change**} kick L fwd/cl L on ball of ft, sip R (kick
R fwd/cl R on ball of ft, sip L);

9-11 SUGAR PUSH ~ UNDERARM TURN;;;

[9-11] {**Sugar Push~Underarm Turn**} Repeat meas 1-3 of Part A to fc LOD;;;

12-14 SAILOR SHUFFLE 2X;; BACK, CLOSE, POINT;

[12-14] {**Sailor Shuffles; Back Close Point**} Repeat meas 2-4 of Intro;;;

NOTE: 3rd & 4th time through **Part A** begins facing RLOD. Figures remain the same but
all facing directions are reversed.

PART B

1-4

L SIDE PASS w/TUCK & SPIN ~ KICK BALL/CHANGE;; SUGAR PUSH ~ KICK BALL/CHANGE;;

[1] {**L Side Pass w/Tuck & Spin**} Trng LF bk L fc COH, cl R, tch L leading W to swvl LF, trn LF fwd L fc RLOD (Fwd R, fwd L, turn LF tch R, trng RF on L fwd R spin RF to fc ptr & LOD);

[2] Sip R/L, bk R (sip L/R, L), {**Kick Ball Change**} Repeat meas 8½ of Part A;

[3-4] {**Sugar Push~Kick Ball Change**} Repeat meas 1 - 1½ of Part A;;, ~ Repeat meas 8½ of Part A ;

5-8

WRAPPED WHIP;; CHICKEN WALKS 2 SLOW; 4 QUICK;

[5] {**Wrapped Whip**} Bk L to join all hnds, raising M's L & W's R hnds above W's head rec R trng ¼ RF, bring M's L & W's R hnds over W's head sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd (Fwd R, fwd L, fwd R/cl L, bk R);

[6] XRIB trng RF release M's R & W's L hnds, trng RF to fc LOD sd & fwd L, sip R/cl L, bk R (Bk L, bk R, sip L/R, L);

[7] {**Chicken Walks**} Bk L, -, bk R, - (Swvl RF on L fwd R, -, swvl LF on R fwd L, -);

[8] Bk L, bk R, bk L, bk R (Swvl RF on L fwd R, swvl LF on R fwd L, swvl RF on L fwd R, swvl LF on R fwd L);

PART C

1-4

UNDERARM TURN ~ KICK BALL/CHANGE;; WHIP TURN;;

[1-2] {**Underarm Turn**} Repeat meas 2½ -3 of Part A fc LOD; ,, {**Kick Ball/Change**} Repeat meas 8½ of Part A ;

[3] {**Whip Turn**} Bk L, rec fwd & sd R moving to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc RLOD (Fwd R, fwd L trng ½ RF to CP, bk R/cl L, fwd R between M's feet);

[4] Trng ½ RF XRIB, fwd L to LOP fcg pos LOD, sip R/cl L, bk R (Trng ½ RF bk L, bk R, sip L/R, L);

5-8

KICK BALL/CHANGE ~ L SIDE PASS;; KICK BALL/CHANGE ~ L SIDE PASS;;

[5-6] {**Kick Ball/Change**} Repeat meas 8½ of Part A,, {**L Side Pass**} Repeat meas 5½-6 of Part A fc RLOD;;

[7-8] {**Kick Ball/Change~L Side Pass**} Repeat meas 5-6 of Part C fc LOD;;

9-12

WHIP TURN;; SIDE BREAKS 2 SLOW; 4 QUICK;

[9-10] {**Whip Turn**} Repeat meas 3-4 of Part C;;

[11-12] {**Side Breaks**} Sd L/sd R, -, cl L/cl R,-; Sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R;

ENDING

1-4

SIDE BREAKS 2 SLOW; SUGAR PUSH ~ UNDERARM TURN;;;

[1] {**Side Breaks**} Repeat meas 11 of Part C;

[2-4] {**Sugar Push~Underarm Turn**} Repeat meas 1-3 of Part A fc LOD;;;

5-8

SAILOR SHUFFLES 2X;; BACK CROSS POINT 4X;;

[5-6] {**Sailor Shuffles**} Repeat meas 2-3 of Intro;;

[7-8] {**Back Cross Point 4X**} XLIB, pt sd R to WALL, XRIB, pt sd L to COH (XRIF, pt sd L to WALL, XLIF, pt sd R to COH); Repeat meas 8 of Ending;

9-15

WHIP TURN;; TOG 2 CP WALL ~ TWIST VINE 8 ~ SIDE LUNGE CHECKING;;;

REVERSE WRAP W IN 3 FC WALL; SLOWLY LOWER TO POINT HOLD,,, (appx)

[9-10] {**Whip Turn**} Repeat meas 3-4 of Part C;;

[11-13] {**Tog 2 fc Twist Vine 8 Side Lunge checking**} Fwd L trn ¼ LF to fc WALL, cl R to CP, sd L to LOD, XRIB; sd L, XRIF, sd L, XRIB; sd L, XRIF, lunge sd L to LOD fcg WALL chkg looking to LOD,- (Fwd R trng ¼ RF to CP fc COH, cl L, sd R, XLIF; sd R, XLIB, sd R, XLIF; sd R, XLIB, lunge sd R to LOD fcg M chkg looking to LOD,-);

[14] {**Reverse Wrap In 3 Face WALL**} Release CP join M's R & W's L hnds Rec R raising & bringing L hnd toward RLOD leading W to turn LF, cl L fc WALL, lower hnds in wrap pos sd R,- (Rec L start LF turn under jnd ld hnds, sd R cont LF trn to fc WALL, cl L in wrap pos,-); [15] {**Slowly Lower Point**} Slowly lower into R knee allowing L leg to extend to point L ft to LOD - hold,,, (Slowly lower into L knee allowing R leg to extend to point R ft to RLOD - hold,,,)