**INTRO**

INTRO – A – B – A (MOD) – B – A (MOD) - END

1 – 4 LOPN FCNG LOD WAIT;;; SAILOR SHUFFLE - TWICE;;;

**PART A**

1 – 24 SUGAR PUSH;,, UNDRARM TRN;;, TUCK N' SPIN;,, LFT SD PASS;, WHIP TRN;,, TOG WLK-2;
(Sugar Push) Bk L, bk R, tap L plc rt hnd on Woman's lft hip, fwd L; anchor/coaster stp to LOPN/LOD, (Woman fwd R, fwd L, trng slightly rt fc tap R, bk L; anchor or coaster,) (Undrarm Trn) Trng ½ rt fc bk-trn L, fwd-trn R, fwd chasse L/R,L; anchor or coaster to LOPN/RLOD, (Woman fwd L, fwd R, trng ½ rt fc undr lead hndns [French Cross]; anchor or coaster;) (Tuck N' Spin) Bk L, bk R, tap L, fwd L; anchor/coaster stp to LOPN/RLOD, (Woman fwd R, fwd L, tap R, free spin full rt fc trn bk R; anchor/coaster stp), (Lft Sd Pass) Trng ½ rt fc bk-trn L, clo-trn R, fwd chasse L/R,L; anchor or coaster to LOPN/LOD, (Woman fwd R, fwd L, pass on Man's lft sd [French Cross]; anchor or coaster;) (Whip Trn) Bk L, rcvr R, trng ½ rt fc chasse L/R,L to CP; trng ½ rt fc cross R bhnd, fwd L, anchor or coaster to LOPN/LOD, (Woman fwd R, fwd L, pass on Man's lft sd [French Cross]; anchor or coaster;) (Tog Wlk -2) Trng ¼ rt fc fwd L-, fwd R to CP/WALL-;

RT TRNG BASIC,, THROWOUT - RVS;, APT/Rcvr & KICKBL CHG;, SUGAR PUSH;, UNDRARM TRN,,
(Rt Trng Basic) Trng ¼ rt fc chasse L/R,L; trng ¼ rt fc chasse R/L,R to CP/OH, (Throwout - Rvs) Trng ¼ rt fc to SEMI/RLOD rk bk L, rcvr R, in plc L/R,L; anchor or coaster to LOPN/RLOD, (Woman rk bk R, rcvr L, [French Cross]; anchor or coaster,) (Apt/Rcvr & Kickbl Chg) Apt L-, rcvr R--; kick fwd L/stp L, stp R, (Sugar Push) Bk L, bk R, tap L plc rt hnd on Woman's lft hip, fwd L; anchor/coaster stp to LOPN/RLOD, (Woman fwd R, fwd L, fwd R, in plc L/R,L; anchor or coaster to LOPN/LOD, (Woman fwd L, fwd R, pass on Man's lft sd [French Cross]; anchor or coaster,) (Undrarm Trn) Bk L, rcvr R, trng ½ rt fc chasse L/R,L to CP; trng ½ rt fc cross R bhnd, fwd L, anchor or coaster to LOPN/LOD, (Woman fwd R, fwd L, trng slightly rt fc tap R, bk L; anchor or coaster,) (Lft Sd Pass) Trng ½ rt fc bk-trn L, fwd-trn R, fwd chasse L/R,L; anchor or coaster to LOPN/LOD, (Woman fwd R, fwd L, pass on Man's lft sd [French Cross]; anchor or coaster,) (Whip Trn) Bk L, rcvr R, trng ½ rt fc chasse L/R,L to CP; trng ½ rt fc cross R bhnd, fwd L, anchor or coaster to LOPN/LOD, (Woman fwd R, fwd L, pass on Man's lft sd [French Cross]; anchor or coaster,) (Tog Wlk -2) Trng ¼ rt fc fwd L-, fwd R to CP/WALL-;

TUCK N' SPIN;, LFT SD PASS;, WHIP TRN;, TOG WLK -2; RT TRNG BASIC,, THROWOUT - LOD,,
(Tuck N' Spin) Bk L, bk R, tap L, fwd L; anchor/coaster stp to LOPN/LOD, (Woman fwd R, fwd L, tap R, free spin full rt fc trn bk R; anchor/coaster stp), (Lft Sd Pass) Trng ½ rt fc bk-trn L, clo-trn R, fwd chasse L/R,L; anchor or coaster to LOPN/RLOD, (Woman fwd L, fwd R, pass on Man's lft sd [French Cross]; anchor or coaster,) (Whip Trn) Bk L, rcvr R, trng ½ rt fc chasse L/R,L to CP; trng ½ rt fc cross R bhnd, fwd L, anchor or coaster to LOPN/RLOD, (Woman fwd R, fwd L, trng 1/2 rt fc chasse r/L,R to CP; fwd L, trng 1/2 lt fc L,R, anchor or coaster;) (Tog Wlk-2) Trng ¼ rt fc fwd L-, fwd R to CP/OH-; (Rt Trng Basic) Trng ¼ rt fc chasse L/R,L; trng ¼ rt fc chasse r/L,R to CP/WALL, (Throwout - Rvs) Trng ¼ rt fc to SEMI/LOD rk bk L, rcvr R, in plc L/R,L; anchor or coaster to LOPN/LOD, (Woman rk bk R, rcvr L, [French Cross]; anchor or coaster,) APT/Rcvr & Kickbl Chg;
(Apt/Rcvr & Kickbl Chg) Apt L-, rcvr R--; kick fwd L/stp L, stp R,

**PART B**

1 – 8 UNDRARM TRN TO TRIPLE TRAVEL & ROLL;,, LFT SD PASS;,, TUMMY WHIP;,,
(Undrarm Trn To Triple Travel & Roll) (Undrarm Trn) Trng ½ rt fc bk-trn L, fwd-trn R, fwd chasse L/R,L; (Woman fwd L, fwd R, trng ½ rt fc undr lead hndns [French Cross]; with rt hnds jnd sd R/clo L, sd R, trng ½ rt fc roll L, trng ½ rt fc roll R to lt hnds jnd; sd L/clo R, sd L to rt hnds jnd, sd R/clo L, sd R to lt hnds jnd; sd L/clo R, sd L; trng ½ lt fc roll L, trng ½ rt fc roll R; anchor or coaster to LOPN/RLOD, (Lft Sd Pass) Trng ½ rt fc bk-trn L, clo-trn R, fwd chasse L/R,L; anchor or coaster to LOPN/LOD, (Woman fwd R, fwd L, pass on Man's lft sd [French Cross]; anchor or coaster,) (Tummy Whip) Bk L, rcvr R, work amid Woman's rt sd; catch Woman's waist with rt hnd fwd chasse L/R,L; cross R bhnd, fwd L, anchor or coaster to LOPN/LOD, (Woman fwd R, fwd L, fwd chasse R/L,R; thrusting both arms fwd bk L, bk R, anchor or coaster);
A (MOD)

1 – 12  
**SUGAR PUSH**; **UNDRARN TRN**; **TUCK N' SPIN**; **LFT SD PASS**; **WHIP TRN**; **TOG WLK -2**;

(Sugar Push)  Bk L, bk R, tap L plc rt hnd on Woman’s lft hip, fwd L; anchor/coaster stp to LOPN/LOD,  (Woman fwd R, fwd L, trng slightly rt fc tap R, bk L; anchor or coaster,)  (Undrarn Trn)  Trng ½ rt fc bk-trn L, fwd-trn R, fwd chasse L/R,L; anchor or coaster to LOPN/RLOD,  (Woman fwd L, fwd R, trng ½ rt fc undr lead hnds [French Cross]; anchor or coaster,)  (Tuck N' Spin)  Bk L, bk R, tap L, fwd L; anchor/coaster stp to LOPN/RLOD,  (Woman fwd R, fwd L, tap R, free spin full rt fc trn bk R; anchor/coaster stp),  (Lft Sd Pass)  Trng ½ lf fc bk-trn L, clo-trn R, fwd chasse L/R,L; anchor or coaster to LOPN/LOD,  (Woman fwd R, fwd L, pass on Man’s lft sd [French Cross]; anchor or coaster,)  (Whip Trn)  Bk L, rcvr R, trng ½ rt fc chasse L/R,L to CP; trng ½ rt fc cross R bhn, fwd L, anchor or coaster to LOPN/LOD;  (Woman fwd R, fwd L; trng 1/2 lf fc chasse R/L,R to CP; fwd L, trng ½ lf fc R, anchor or coaster;)  (Tog Wlk -2)  Trng ¼ rt fc fwd L,R, fwd R to CP/WALL;

RT TRNG BASIC; **THROWOUT – RVS**; **RK/RCVR & KICKBLL CHG**;

(Rt Trng Basic)  Trng ¼ rt fc chasse L/R,L; trng ¼ rt fc chasse R/L,R to CP/COH,  (Throwout - Rvs)  Trng ¼ lf fc to SEMI/RLOD rk bk L, rcvr R, in plc L/R,L; anchor or coaster to LOPN/RLOD,  (Woman rk bk R, rcvr L, [French Cross]; anchor or coaster,)  (Apt/Rcvr & Kickbll Chg)  Apt L-, rcvr R-; kick fwd L/stp L, stp R;

**REPEAT PARTS “B” & “A (MOD)”**

END

1 – 2  
**SUGAR PUSH**; **APT/RCVR & PNT SD & HOLD**;

(Sugar Push)  Bk L, bk R, tap L plc rt hnd on Woman’s lft hip, fwd L; anchor/coaster stp to LOPN/LOD,  (Woman fwd R, fwd L, trng slightly rt fc tap R, bk L; anchor or coaster,)  (Apt/Rcvr & Pnt Sd & Hold)  Bk L-, rcvr R-; pnt L to the sd & hold;