LEFT FOOTERS WEST COAST

CHOREO: Van and Rita Thompson, Route 12, Box 7470, Lufkin, TX, USA 75904
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RECORD: Green 17036 [LEFT FOOTERS ONE STEP] Artist: Al Russ Orchestra
FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)
RHYTHM: West Coast Swing RAL Phase IV+1 [Whip Turn] TEMPO/RPM: 2:11@43
SEQUENCE: INTRO A B C A B C ENDING
RELEASED: April 1, 1996

MEAS:

INTRODUCTION

1-2
OP-FCG/WALL WAIT 1 MEASURE; APT PT TOG TCH SWING CP/WALL;
1 Wait;
2 Apt L, pt R DLW, tog R, tch L to SWING CP/WALL;

3-5
TURNING BASIC CP/C=H — TURNING BASIC SCP/LOD;;
Q&QQ;QQ;QQ 3-5 In CP/WALL [TURNING BASIC] Trng ½ RF sd L/c1 R, sd L,
trng ½ RF sd R/c1 L, sd R; Rk bk L SCP/LOD, rec R CF/COH,
In CP/COH [TURNING BASIC] Trng ½ RF sd L/c1 R, sd L;
Trng ½ RF sd ./.c1 L, sd R, rk bk L SCP/LOD, rec R SCP/LOD;

6
THROWOUT;
Q&QQ;QQ;QQ 6 In SCP/LOD [THROWOUT] C1 L/in plc R, fwd L trng LF to
LOR-FCG/LOD, anchor bk R under body/replc L, replc R
(W French cross sd and fwd R trng 1/8 LF/XLIf trng 1/8 LF,
bk R trng ½ LF, anchor bk L under body/replc R, replc L);
[NOTE: COASTER ENDINGS MAY BE SUBSTITUTED FOR ANCHOR ENDINGS]

PART A

1-3
SUGAR PUSH — LEFT SIDE PASS;;
QQQ;QQ 1-3 In LOR-FCG/LOD [SUGAR PUSH] Bk L, bk R, tap L fwd pressing M's
R and W's L hndrs tog, fwd L; Anchor R/L, R ending LOR-FCG/LOD
(W Fwd R, fwd L, tap R behind L, bk R; Anchor L/R, L),
[LEFT SIDE PASS] Bk L trng ½ LF, c1 R; Fwd L/c1 R, fwd L
trng ½ LF, anchor R/L, R (W Fwd R, fwd L; French cross
R/L, R, anchor: L/R, L);

4-6
SUGAR PUSH — LEFT SIDE PASS;;
QQQ;QQ 4-6 In LOR-FCG/LOD Repeat meas 1 and the first ½ of meas 2 PART A
QQQ;QQ;QQ;QQ 4-6 In LOR-FCG/LOD Repeat the last ½ of meas 2 and meas 3 PART A

7-8
SLOW SIDE BREAK; QUICK SIDE BREAKS;
SaSa; 7 In LOR-FCG/LOD [SLOW SIDE BREAK] Sd L/sd R, -, c1 L/c1 R, -;
aQAaQaQa 8 [QUICK SIDE BREAKS] Sd L/sd R, c1 L/c1 R, sd L/sd R, c1 L/c1 R;

PART B

1-3
TOGETHER TWO — TURNING BASIC — THROWOUT;;
QQ 1-3 In LOR-FCG/LOD [TOGETHER TWO] Bk L, fwd R trng ½ RF to CP/WALL
[NOTE: THE M'S BACK STEP ON COUNT 1 keeps this figure
CONSISTENT WITH OTHER WEST COAST FIGURES IN THIS DANCE]
(W Fwd R, fwd L trng ½ RF to CP W FcG COH),
Q&QQ;QQQ;QQ 1-3 In CP/WALL [TURNING BASIC] Trng ½ RF sd L/c1 R, sd L; Trng
½ RF sd R/c1 L, sd R, rk bk L to SCP/LOD, rec R SCP/LOD;
Q&QQ;QQ 1-3 In SCP/LOD [THROWOUT] Repeat meas 5 of the INTRODUCTION
LEFT FOOTERS WEST COAST

PART B (cont.)

4-6  SUGAR PUSH - UNDERARM TURN:

QQQQ;Q&Q  4-6 In LOP-FCG/RLOD [SUGAR PUSH] Repeat meas 1 and ½ of meas 2

PART A

QQ;Q&QQ&Q;  [UNDERARM TURN] Bk L, fwd R to W's R sd trng ½ RF raising the
jnd 1d hnds; Sd L/fwd R trng ½ RF, fwd L, anchor R/L, R
(W Fwd R, fwd L under the jnd 1d hnds; French cross R/L, R,
anchor L/R, L);

7-8  WRAPPED WHIP:

QQQQ;  7 In LOP-FCG/LOD [WRAPPED WHIP] Bk L to a dbl handhold, fwd R
to W's R sd trng ½ RF raising the 1d hnds over W's head,
blending to WRAPPED POS/RLOD sd L/fwd R trng ½ RF, fwd L
(W Fwd R, fwd L, fwd R/cl L, bk R);

QQQQ;  8 Releasing M's R and W's L hnds XRib trng ½ RF, fwd L, anchor
R/L, R (W Bk L, bk R, anchor L/R, L);

PART C

1-3  UNDERARM TURN - MAN'S UNDERARM TURN:

QQQQ;Q&Q  1-3 In LOP-FCG/LOD Repeat the last ½ of meas 5 and meas 6 PART B

QQ;Q&QQ&Q;  In LOP-FCG/ROD [MAN'S UNDERARM TURN] Bk L, fwd R to W's L sd
trng ½ RF under jnd 1d hnds; Sd L trng ½ RF/fwd R, fwd L,
anchor R/L, R (W Fwd R, fwd L; French cross R/L, R, anchor
L/R, L); [NOTE: M'S L HND WILL NOW BE ON TOP OF W'S R HND
RETURNING TO NORMAL POSITION DURING THE NEXT UNDERARM TURN]

4-6  UNDERARM TURN TO A HAND CHANGE TO L-TANDEM - RIGHT SIDE PASS:

QQQQ;Q&Q  4-6 In LOP-FCG/LOD [UNDERARM TURN TO A HAND CHANGE TO L-TANDEM]
Bk L, fwd R to W's R sd trng ½ RF raising the jnd 1d hnds,
sd L/fwd R trng ½ RF, fwd L changing to a R handshake on
Count 4; Anchor R/L, R stepping bk on the last step trng ½
LF to face WALL in L-SHAPED TANDEM [OPTION: TURN ½ LF TO FACE
LOD IN TANDEM - THE NEXT STEP WOULD BE FWD L] (W Fwd R,
fwd L, French cross R/L, R; Anchor L/R, L),

QQ;Q&QQ&Q;  In L-TANDEM [RIGHT SIDE PASS] Sd L leading W twd LOD, rec R;
Changing to 1d hnds jnd cl L/in plc R, fwd L trng ½ LF LOD,
anchor R/L, R (W Fwd R, fwd L; French cross R/L, R, anchor
L/R, L);

7-8  WHIP TURN:

QQQQ;  7 In LOP-FCG/LOD [WHIP TURN] Bk L, Fwd R to W's R sd trng ½ RF
R hnd to W's bk, sd L/fwd R trng ½ RF to CP/RLOD, fwd L
(W Fwd R, fwd L trng ½ RF to face M, bk R/cl L, fwd R to CP);

QQQQ;  8 Releasing CP XRib trng ½ RF, fwd L, anchor R/L, R (W Trng
½ RF bk L, bk R, anchor L/R, L);

ENDING

1-2  WHIP TURN:

QQQQ;  1-2 In LOP-FCG/LOD Repeat meas 7-8 PART C

SS;  3 Releasing M's L and W's R hnds join M's R and W's L hnds

APART POINT:

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