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**Music:** Temptations “MY GIRL” from Amazon

**Rhythm:** West Coast Swing

**Phase:** V +0+2 (Whip w/Change Hands Behind Back, M’s Wrapped Whipped)

**Footwork:** Opposite Unless Noted

**Sequence:** Intro A Amod B A Ending

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**MY GIRL**

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**Introduction**

1-4  **Wait ; ; Back Cross Point w/Snaps 4 Times ; ;**

1-2  LOP FCG/R LOD no hand joined lead foot free wait 2 meas ; ;

3-4  [Bk Cross Pt w/Snaps 4 Times] Bending knees XLIB/(W XRIF), straightening knees pt sd R with

1 - 3 - snap, bending knees XRIB/(W XLIB), straightening knees pt sd L with snap: Bending knees

5 - 7 - XLIB, straightening knees pt sd R with snap, bending knees XRIB, straightening knees pt sd L

join lead hands to end in LOP FCG /R LOD:

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**Part A**

1-8  **Underarm Turn ; ; Kick Ball Change ; Wrapped Whip ; ; Whip w/ Change Hands Behind Back ; ; (R Handshake) Face Loop Sugar Push w/Rocks ; ;**

1-2  [Underarm Turn] Bk L, raising joined lead hands and leading W to pass M’s right sd XRIF to W’s

right sd commence RF trn, sd L/cl R, sd&fwd L complete 1/2 RF trn (W fwd R, fwd L commence

5&-8 & RF trn, sd R continue LF trn /XLIF continue LF trn bk R complete 1/2 LF trn to fc ptr): Bk to

anchor R/L, R to end in LOP FCG/LOD, [Kick Ball Change] Kick L fwd & sd/cl L on ball, cl R ;

3-4  [Wrapped whip] Bk L to double hand hold, raising lead hands and leading W fwd XRIF trn 1/4 RF, 

sd L continue RF trn lowering joined lead hands /cl R, sd & fwd L to end in Wrapped Position on

5 6 7&8  Ws left side(W fwd R, fwd L, fwd R passing under joined lead hands /cl L, bk R to end in

 Wrapped Position) XRIF commence RF trn release trail hands, sd & fwd L complete 1/2 RF trn to fc ptr (W bk L, bk R), bk to anchor R/L, R to end in LOP FCG/LOD :

5-6  [Whip w/Change Hands Behind Bk] Bk L, slight XRIF moving twd the W’s right sd into Loose CP, 

swivel 1/4 RF on R foot sd L (partial weight) /rec R trn 1/4 RF, fwd L folding W’s R arm behind

her bk (W fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M’s feet) to end in Mod CP ; Using R

hand take W’s R hand behind her bk XRIB commence RF trn, sd&fwd L complete1/2 RF trn (W

swivel sharply 1/2 RF on R foot keeping L leg close to R and under the body bk L continue RF

trn, fwd R 1 full RF trn to fc ptr), bk to anchor R/L, R to end w/handshake M fc ptr & LOD ;

7-8  [Face Loop Sugar Push w/Rocks] Bk L, bk R raising joined R hands over M’s head to neck and

placing L hand to W’s R hip, tap L slightly fwd of R, rk fwd L ; Rk bk R, fwd L leading W bk

(W fwd R, fwd L, tap R slightly bk of R, rk bk R; rk fwd L, bk R), bk to anchor R/L, R, to end in

LOP FCG/LOD :

9-16  **Chicken Walks 4 Slow ; ; Left Side Pass W Over Turn Swivel to Face and Point ; ;**

**Cheek To Cheek ; ; Quick Side Break and Cross ; Slow Unwind to Face ; Sailor Shuffles ;**

9-10  [Chicken Walks 4 Slow] Small step bk L, ’ , small step bk R, ’ (W swivel RF on L then step sd &

1-3 - fwd R, ’ , swivel LF on R then step sd & fwd L ’): Small step bk L, ’ , small step bk R, ’ (W swivel

5-7 - RF on L then step sd & fwd R, ’, swivel LF on R then step sd & fwd L ’):
MY GIRL

11-12 [Left Side Pass W Over Turn Swivel to Face and Point] Bk L commence LF trn, small bk R out of slot complete 1/4 LF trn leading W to pass M's left sd, sd L/cl R, fwd L trng 1/4 LF; Fwd R/XLIF, fwr R, pt sd&fwd L and lead W swivel RF; (W fwd R, fwd L commence LF trn, sd R continue LF trn /XLIF continue LF trn bk R completing 1/2 LF trn momentary to fc ptr and swivel LF fc RLOD : fwd L/XLIF, fwd L, quickly swivel RF on ball of L to fc ptr and pt fwd R, +) to end in LOP FCG/RLOD ;

13-14 [Cheek to Cheek] Bk L, rec fwd R commence RF trn, lift left knee up continue RF trn touching M's left hip to W's right hip, XLIF trning LF to fc ptr (W fwd R, fwd L commence LF trn, lift right knee up continue LF trn touching right hip to M's left hip.XRIF trning RF to fc ptr); Bk to anchor R/L/R;

[Quick Side Break and Cross] Sd L/sd R, together L/XRIF:

15-16 [Slow Unwind to Face] Release hand hold unwind full trn LF (WRF) on both feet to fc ptr and join lead hands to end in LOP FCG / RLOD:

1&23&4 [Sailor Shuffles] XLIB/sd R, rec L, XRIB/sd L, rec R:

Part Amod

1-4 Man's Underarm Turn; , Kick Ball Change ; Man's Wrapped Whip [Option : Woman Spin Ending] ; ;

1-2 [Man’s Underarm Turn] Bk L, fwd & sd R twd W's left sd raising joined lead hands commence RF trn, sd L continue RF trn/bk & sd R completing 1/2 RF trn, fwd L (W fwd R, fwd L commence LF trn, sd R continue LF trn /XLIF continue LF trn bk R completing 1/2 LF trn to fc ptr); Bk to anchor R/L/R to end in LOP FCG/LOD,

[Kick Ball Change] Kick L fwd & sd/cl L on ball, cl R ;

3-4 [Man's Wrapped whip] Joining all hands bk L, raising joined lead hands to M's head sd R, cl L/cl R, lowering joined lead hands to M's R hip with joined trail hands near M's L hip sd L (W Fwd R, fwd L LF trn LF passing M on his left side, sd R continue LF trn/XLIF continue to trn LF, sd R now facing LOD having made 1/2 trn) to end in M's Wrapped Position ; Releasing trail hands bk R checking, rec L, bk to anchor R/L, R (W fwd L passing M on his R side, swivel 1/2 LF on ball of L to fc ptr and RLOD bk R, anchor L/R, L) to end LOP FCG/LOD ;

OP : (W fwd L passing M on his R side, commence spin 1/2 LF on ball of L to fc ptr and RLOD bk R, continue spin 1/2 LF on ball of R, continue spin 1/2 LF L/R, L :)

5-16 Whip w/ Change Hands Behind Back ;; (R Handshake) Face Loop Sugar Push w/Rocks ;; Chicken Walks 4 Slow ;; Left Side Pass W Over Turn Swivel to Face and Point ;; Cheek To Cheek ;; Quick Side Break and Cross ; Slow Unwind to Face ;

Sailor Shuffles ;

5-16 Repeat Part A 5-16

Part B

1-12 Sd Whip ;; Back Cross Point w/Snaps 4 Times ;; Whip w/ Inside Turn Into Triple Travel w/Roll ;; ; ; ; Tuck & Spin ;; Sugar Bump ;;

1-2 [Sd Whip]Bk L, fwd R trning 1/4 RF to L/ Shaped Position placing R hand on W's back, point L to sd, hold ; Hold rotating body slightly LF to lead W to step fwd, rec L trning 1/4 LF (W fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R; fwd L, fwd R trning 1/2 LF to fc ptr), bk to anchor R/L, R ;

3-4 [Bk Cross Pt w/Snaps 4 Times] Repeat meas 3-4 of Introduction ; ;

5-9 [Whip w/Inside Turn Into Triple Travel w/Roll] Bk L, slight XRIF moving twd the W's right sd into Loose CP, swivel 1/4 RF on R foot sd (partial weight)/rec R trn 1/4 RF, fwd L to CP ; (W fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R) to end in CP/LOD ;

XRIB commence RF trn raising joined lead hands to lead W trn LF, continuing RF sd & fwd L to

2 / 3
R-HND STAR/WALL, chasse twd RLOD sd R/cl L, sd R commence RF trn 1/4 (W fwd L under joined lead hands, fwd R turning LF 3/4 to fc COH, chasse twd RLOD sd L/cl R, sd L commence RF trn 1/4):

1 2 3&4  
Fwd L continue RF trn 3/4, fwd R continue RF trn 1/2 completing 1-1/2 trns to L-HAND STAR, chasse twd RLOD sd L/cl R, sd L trn 1/2 LF to R-HAND STAR (W fwd R continue RF trn 3/4, fwd L continue RF trn 1/2 completing 1-1/2 trns to L-HAND STAR, chasse twd RLOD sd R/cl L, sd R trn 1/2 LF to R-HAND STAR):

5&6 7&8  
Chasse twd RLOD sd R/cl L, sd R trn 1/2 RF to L-HAND STAR, chasse twd RLOD sd L/cl R, sd L commence LF trn 1/4 (W chasse twd RLOD sd L/cl R, sd L trn 1/2 RF to L-HAND STAR, chasse twd RLOD sd R/cl L, sd R commence LF trn 1/4):

1 2 3&4  
Fwd R continue LF trn 1/2, fwd L continue LF trn 1/2 (making 1 1/4 trns) (W fwd L continue LF trn 1/2, fwd R continue LF trn 1/2) to fc ptr join lead hands, bk to anchor R/L, R to end in LOP FCG/RLOD:

10 - 12  
[Tuck & Spin] Bk L, bk R bring lead hand in to center leading W to a right sd lead, tap L to R with left shoulder lead, fwd L with left sd lead to lead W's spin (W fwd R, fwd L slight trn LF to tight LOP FCG, tch R to L, trn 1/2 RF fwd R spin 1/2 RF to fc ptr); Bk to anchor R/L, R to end in LOP FCG/RLOD

Meas

1-8+  Man's Underarm Turn : , Kick Ball Change : Man's Wrapped Whip [Option : Woman Spin Ending] ; ; Whip w/ Change Hands Behind Back ; ; (R Handshake) Start
Face Loop Sugar Push Rock 3 ; ; Bk , Draw ; Embrace ,

1-6  Repeat meas 1-6 of Part A ; ; ; ; ; ;

7-8+  [Start Face Loop Sugar Push Rock 3] Bk L, bk R raising joined R hands over M's head to neck & placing L hand to W's R hip, tap L slightly fwd of R rk fwd L; Rk bk R, rk fwd L (W fwd R, fwd L, tap R slightly bk of R, rk bk R: rk fwd L, rk bk R),

5 6 7 -  
[Bk Draw Embrace] Strongly bk R (W fwd L), draw L; Embrace ,

Repeat Part A

1 2 3&4  
Face Loop Sugar Push Rock 3 ; ; Bk , Draw ; Embrace ,

5 6 7 -  
[Bk Draw Embrace] Strongly bk R (W fwd L), draw L; Embrace ,

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