

Rhythm: West Coast Swing using basic school figures  
 Choreog: Ed and Gloria Kilner 317-787-6548  
 6419 Lava Court, Indianapolis, In. 46237  
 Record: One More Shot Warner Bros. 0490 Johnny Lee, Flip of  
 The Yellow Rose  
 Phase: Unphased at this time but presented as phase IV  
 Position: For the Basic, Closed Fifth - Close V-semi, R ft  
 pointed twd ptrn & slightly down LOD, L ft pointed down  
 LOD with heel just in front of R.  
 Sequence: Intro-A-B-A-B-Inter-A beg with sugar push-B -Tag

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 INTRO

MEAS.

1 - 4 WAIT; WAIT; COASTER, /-, BK L-, BK R-; SUGAR  
PUSH-, -, /-, -;

1,2,3,4; LOP fc ptrn & wall M's R & W's L ft free wait  
1,2,3,4; two meas;;

Coaster:

1 & 2,3,4; Man: XRIB of L, in place L/R, Bk L, R;  
1 & 2,3,4; Woman: XLIB of R, cl R to L/small fwd L, fwd R, L;

Sugar Push:

1,2,3 & 4; Man: Take both of ptrn's hands in bfly, elbows not  
 extended, & tch L to sd, fwd L, XRIB of L, in place  
 L/R, Blending to Closed fifth position  
1,2,3 & 4; Woman: Tch R in Bk of L, Stp R, bk L/cl R to L, fwd L;

PART A

1 - 4 BASIC-, -, /-; RK BK-, REC-, BASIC-, -, /-, RK FWD-,  
REC-; BEGIN THROWOUT-, -, /-, -;

Basic:

1,2,3 & 4; Man: Fwd L LOD, tch sd & ball of R ft to heel of  
1,2, L ft, bk & sd R/L, R [this is a chassee in 5th  
 position]; Rk Bk L to semi, rec R;  
1,2,3 & 4; Woman: Fwd R, tch sd & ball of L ft to heel of  
1,2, R ft, bk & sd L/R, L [chassee in 5th pos]; Rk BK R to  
 scp, rec L,  
 Basic prep for throwout:  
3 & 4; 1,2 Repeat for meas 2 except man rks fwd L, rec R;  
3,4; and leads woman into the throwout.

Throwout:

1,2,3 & 4; Man: Stp in place L, tch R, bk R/L, R; Leading W past  
 twd LOD to end in LOP fcing LOD  
1 & 2,3 & 4; Woman: Run fwd R/L, R, trn to fc ptrn on third stp  
 (If she runs into her own arm her own body will make  
 her take the turn) XLIB of R/cl R, fwd & sd L twd wall  
 with a swivel of the hips; (Only the hips trn, not the  
 upper body. Remain facing ptrn & RLOD  
 Modification that is acceptable when teaching beginners  
 to west coast swing: The woman may - Run fwd beginning  
 a left fc trn so that steps become a sd R/XLIF of R, sd  
 R trning to fc ptrn, bk R/cl L to R, fwd R;

5 - 8 FINISH THROWOUT RK BK L-, REC R-, UNDERARM TURN-, -, /-, -;  
-; SIDE PASS-, -, /-, -; RK BK R-, REC L-, BEGIN SUGAR  
PUSH-, -;

Finish Throwout:

1,2, Man: Rk bk L, Rec R,  
1,2, Woman: Fwd twd ptrn R, L,

Underarm Trn:

3,4; 1 & 2 Man: Lead ptr under joined M's L & W's R hand  
3,4; twd M's Rt sd - tch L to sd LOD swiveling 1/4 RF on R,  
 cont swivel 1/4 Rt fc to fc RLOD on R ft stp fwd L;  
 chassee in 5th pos; Trning 1/4 to fc wall rk sd twd LOD  
 L, rec R starting to lead W past in front of him in  
 prep for sd pass;  
3 & 4; 1 & 2 Woman: Rept action of the throwout, trning 1/2 LF  
3,4 under joined hands to end fcing ptrn & LOD; Fwd R, L;

Side Pass:

1,2,3 & 4; Man: Fwd L twd LOD trning 1/4 LF to end in  
1,2, LOP fcing LOD, Tch R in Bk of L, chassee in 5th pos; bk  
 L, rec R,  
1 & 2, 3 & 4; Woman: Rept action of the throwout trning 1/2  
1,2, LF to end LOP fc LOD; Fwd L, R,

Sugar Push:

3,4; Man: Take both ptrn's hands in mod bfly (palms tog  
3,4; with loose hold-arms not extended) Tch L to sd, fwd L,  
 Woman: Tch R in bk of L, stp R replacing ft;

PART A (cont.)

9 - 12 CONTINUE SUGAR PUSH-/, -,-,-,-, SUGAR PUSH-/, -,-,-,-,;  
SUGAR PUSH-/, -,-,-,-;

1 & 2, 3, 4;  
1, 2,

Man: Chassees in 5th pos., (give W firm tension fwd with joined hands on first stp of triple. At no time should either ptrn's elbows get beh body. There should be no strong push or pull, merely firm tension on both ptrn's arms-lean twd ptrn) Bk L, Bk R,

3 & 4; 1, 2,  
3, 4;  
1 & 2, 3, 4;

Repeat  
Repeat Let go of M's R & W's L hand on last triple preparation into underarm trn. Rk Bk L, Rec R,

1 & 2, 3, 4;  
1, 2,

Woman: Bk L/cl R to L, fwd L (lean twd ptrn giving resistance), Fwd R, L;  
Repeat entire sugar push

3 & 4, 1, 2,  
3, 4;  
1 & 2, 3, 4;

Repeat entire sugar push

13 - 16

UNDERARM TURN-,-,-,-/-; SD L-, R-, 1 1/2 ROLL-,-,-,-/-,  
BK L-, R-; UNDERARM TURN-,-,-,-/-;

Underarm Turn:

1, 2, 3 & 4;  
1, 2

Man: Repeat as described above in prep for 1 1/2 roll

1, 2, 3 & 4; 1, 2,

Woman: Repeat as described above  
1 1/2 Roll:

3, 4; 1 & 2,  
3, 4;

Man: Same as side pass except change to joined Right hands and lead Woman into a 1 1/2 lft fc turn under joined hands Rk Bk L, Rec R;

3 & 4; 1 & 2,  
3, 4;

Woman: Turn under joined hands in a 1 1/2 lft fc turn to end fcng ptrn & RLOD. (Footwork should complete the second triple by stepping sd/cl, sd, twd LOD, turning to fc ptrn on last step.) Fwd R, L;

1, 2, 3, 4;

Underarm Trn:

Man: Repeat as described above except instead of Rk, Rec, Man will go into chicken wks in Part B

1 & 2, 3 & 4;

Woman: Repeat as described above. W's fwd stps here are first steps of chicken wks in Part B

PART B

1 - 4

CHICKEN WALKS-,-,-,-; UNDERARM TURN MODIFIED-,-,-, SHUFFLE  
AWAY-,-,-; TOG-,-,-, AWAY-,-,-; TOG-,-,-, AWAY-,-,-; SIT/PT  
HOLD-,-,-,-; (WOMAN CHANGE POINT)

1, 2, 3, 4;

Chicken Walks:

Man: Fcing RLOD in LOP, stp bk L,R,L,R; digging ball of foot into the floor and leaning slightly bk giving W firm tug twd him. Ck motion in prep for underarm trn. (Do not lead W from sd to sd to produce swivel) M's Rt hand is placed on front of hip with fingers pointing diag twd floor

1, 2, 3, 4;

Woman: Lean bk from waist slightly to give resistance, wk fwd toeing out R,L,R,L; W's lft hand on front of hip, fingers pointing down

1, 2,

Underarm trn modified:

Man: Trn 1/4 RF & tap L twd RLOD, swivel on R to fc LOD leading W under joined hands to LOP & stp fwd LOD on L,

1 & 2,

Woman: Run fwd R beg a lft fc trn under joined hands, R/XLIF of R, sd R trning to fc ptrn,

3 & 4; 1 & 2,

Shuffles away and together: [chassees in 5th pos]

Man: Trning away from ptrn, shuffle ft with toe twd RLOD fwd R/fwd L bringing instep of L ft to heel of R, fwd R-; pivot on R & shuffle twd ptrn with toe twd LOD fwd L/fwd R bringing instep of R ft to heel of L, fwd L-; pivot on L to repeat. While shuffling, bring R arm up and arnd in a CCW circle tch ptrn's hand and complete the circle once arnd in two triples.

3 & 4; 1 & 2,

Repeat

3 & 4;

Shuffle RLOD -,-,-;

3 & 4; 1 & 2,

Woman: Trning 1/4 to fc wall, shuffle twd LOD doing away & tog action opposite of man's footwork. While shuffling, bring L arm up and arnd in CW circle to tch ptrn's hand and complete the circle once arnd in two triples.

3 & 4; 1 & 2,

Repeat

3 & 4;

Shuffle LOD -,-,-;

## PART B (cont.)

1, 2, 3, 4; Sit/pt, hold-, -, -;  
Man: Pivot on R ft to fc LOD, L ft will be in a point position twd LOD,, hold as W completes chg pt

1, 2, 3, 4; Sit/pt, hold-, chg, pt;  
Woman: Pivot on L ft to fc RLOD, R ft will be in a point position twd RLOD,, cl L to R, pt R fwd extend lft arm up twd where wall & ceiling meet & look twd fingertips;

5 - 8 CHICKEN WALKS-, -, -, -; UNDERARM TURN-, /-, - /-; BK L-, R-, SUGAR PUSH STRUT-, -, -, BK L, BK R;

Chicken walks:  
1, 2, 3, 4; Man: Repeat as described above except twd RLOD  
1, 2, 3, 4; Woman: Trn head bk to fc fwd & bring hand to hip. Draw L bk to R & stp fwd R all in one acton to repeat as described above except twd RLOD

Underarm Trn:  
1, 2, 3 & 4; Man: Repeat as in part A except rk sd rec will be replaced by bk, bk, in prep for sugar push strut  
1, 2,

1 & 2, 3 & 4; Woman: Repeat as in Part A  
1, 2,

Sugar Push Strut:  
3, 4; 1, 2, Man: Kick L twd RLOD & Wall, XLIF of R; Kick R twd RLOD & COH, XRIF of L, BK L, BK R;  
3, 4;

3, 4; 1, 2,; Woman: In bfly pos kick R acr in front of L, stp in place R; Kick L in front of R, stp in place L,  
3 & 4; kick /ball, chg R;

9 - 12 SUGAR PUSH STRUT-, -, -, -; BK L, BK R, SUGAR PUSH-, -, - /-, - /-, -; UNDERARM TRN, /-, - /-, - /-, - /-, -; PT HOLD-, -;

Sugar Push Strut:  
1, 2, 3, 4; Man: Repeat as described above  
1, 2,

1, 2, 3, 4; Woman: Repeat as described above  
1 & 2,

Sugar Push:  
1, 2, 3 & 4; Man: Repeat as described in intro  
1, 2, 3 & 4; Woman: Kick R ft fwd acr in front of L, Replace R, bk L/cl R to L;

Underarm Trn:  
1, 2, 3 & 4; Man: Repeat as described above omitting bk, bk,  
1 & 2, 3 & 4; Woman: Repeat as described above omitting fwd, fwd,

1, 2, 3, 4; Pt L (W pt R) twd COH & hold; and bring M's R & W's L hand in-twd chest and extend it bk out with a snap on last note

## INTERLUDE

1 - 4 BASIC-, -, - /-, -; -, -, TURNING BASIC-, /-, - /-, - /-, -; TURNING BASIC-, /-, - /-, -;

Basic:  
1, 2, 3 & 4; Man: Repeat as described above except trn slightly  
1, 2, RF to end fcng wall as in beginning of part A  
Woman: Same as man, opposite ftwrk

Turning Basic:  
3 & 4; 1 & 2, Man: CP Sd L, cl R to L trning rt fc/ sd L to fc  
3, 4; RLOD, Sd R, cl L to R cont trning rt fc/ sd R to fc LOD in SCP; Fwd L, R,  
Woman: Same as man, opposite footwork except W does a Rk bk R, rec fwd L while man stps fwd L, R,

1 & 2, 3 & 4; Repeat, finishing the basic with following measure--

5 - 8 1/2 (FINISH TRN BASIC) FWD L-, R-, BASIC-, -, - /-, - /-, -; RK FWD L-, REC R-; THROWOUT-, -, - /-, -; -, -;

1, 2, Man: Fwd L, R,  
1, 2, Woman: Rk Bk R, rec L,

3, 4; 1 & 2, Basic to a throwout:  
3, 4; Repeat figure as described in Part A

1, 2, 3 & 4; Throwout:  
1, 2, Repeat figure as described in Part A

## TAG

1 - 4 BASIC-, -, - /-, -; -, -, TRNING BASIC-, /-, - /-, - /-, -; BASIC-, -, - /-, -; -, -, PT FWD LOD-, -;

Repeat figures as described in Interlude ending with a pt L (W pt R) down LOD in tight V-SCP. Listen to music and do the Rk bk, rec, pt with three qk even beats.