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-seal. R ft pointed twd ptnr & slightly down LOD, L ft pointed down LOD with heel just in front of R.

Sequence: Intro-A-B-A-R-Inter-A beg with sugar push-B -Tag

INTRO

1. 2. 3. 4.

WAIT; WAIT; COASTER,-/-. BK L-, BK R-; SUGAR

PUSH-.-.-/-.;

1. 2. 3. 4.

LOP fc ptnr & wall M's R & W's L ft free wait two meas;

Coaster:

1 & 2. 3. 4.

Man: XRIB of L in place L/R, BK L, R;

Woman: XLIB of R, cl R to L small fwd L, fwd R, L;

SUGAR PUSH:

1 & 2. 3. 6. 4.

Man: Take both of ptnr'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;

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 THROUWUT--.-/-.;

1. 2. 3. 6. 4.

Basic:

1. 2.

Man: Fwd L LOD, tch sd & ball of R ft to heel of L ft, bk & sd R/L, R [this is a chasse in 5th position]; RK BK L to seal, rec R;

Woman: Fwd R, tch sd & ball of L ft to heel of R ft, bk & sd L/R, L [chasse in 4th pos]; RK BK R to scp, rec L;

3. 4. 1. 2.

Basic prep for throwout:

Repeat for meas 2 except man rks fwd L, rec R;

and leads woman into the throwout;

1. 2. 3. 4.

Throwout:

Man: Stp in place L, tch R, bk R/L, R: Leading W past twd LOD to end in LOP fc ptnr

Woman: Run fwd R/L, R, trn to fc ptnr 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 ptnr & LOD)

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/XLIB of R, sd R trn to fc ptnr, bk R/L L to R, fwd R;

FINISH THROUWUT RK BK L-, REC R-, UNDERARM TURN--.-/-.;

SIDE PASS--.-./-; RK BK R-, REC L-, BEGIN SUGAR

PUSH-.-.;

Finish Throwout:

1. 2.

Man: Fwd twd ptnr R, L,

Woman: Fwd twd ptnr R, L,

UNDERARM TRN:

1. 2. 3. 4. 6. 2

Man: Lead ptnr under joined M's L & W's R hand
twd M's R, sd - tch L to sd LOD swiveling 1/4 RF on R, cont swivel 1/4 R ft fc to fc RLOD on R ft stp fwd L;

chasse in 5th pos; Trnning 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. 4. 5. 5

Woman: Rept action of the throwout, trnning 1/2 LF under joined hands to end facing ptnr & LOD; Fwd R, L;

SIDE PASS:

1. 2. 3. 4.

Man: Fwd L twd LOD trnning 1/4 LF to end in LOP fc ptnr, Tch R in bk of L, chasse in 5th pos; bk L, rec R;

1. 2. 3. 4.

Woman: Rept action of the throwout trnning 1/2

3. 4.

LF to end LOP FC LOD; Fwd L, R;

SUGAR PUSH:

1. 2.

Man: Take both ptnr's hands in Mod bfly (palms tog

with loose hold arms not extended) Tch L to sd, fwd L,

Woman: Tch R in bk of L, stp R replacing ft;
ONE MORE SHOT (continued)

PART A (cont.)

9 - 12
CONTINUE SUGAR PUSH-./-. - .- - .- .- .- .- .-.
SUGAR PUSH-./-. - .- .- .- .- .- .- .-.

1 6.2. 3.4.
Man: Chasse in 5th pos., (give W firm tension
fwd with joined hands on first step of triple. At no
time should either ptrn's elbows go below body. There
should be no strong push or pull, merely firm tension
on both ptrn's arms-lean fwd ptrn) BK L, BK R,

3 4.4: 3.2.
Repeat

3.4.
Repeat Let go of M's R & W's L hand on last triple
preparation into underarm trn. RK BK L, Rec R.

1 6.2. 3.4.
Woman: BK L/clr R to L, fwd L (lean fwd ptrn giving
resistance), Fwd R L; Repeat entire sugar push

3 4.4: 3.2.
Repeat entire sugar push

13 - 16
UNDERARM TURN-.-.- .- .- .- SD L-. R-. 1 1/2 ROLL-.-.-.-.-.-.
BK L-. R-. UNDERARM TURN-.-.-

1 2.3 6.4.
Underarm Turn:

1.2.
Man: Repeat as described above in prep for 1 1/2 roll

1.2. 3.6. 4:1.2.
Woman: Repeat as described above
1 1/2 Roll:

3.4.1 4.2.
Man: Same as side pass except change to joined Right
hands and lead Woman into a 1 1/2 lift fc turn under
joined hands RK BK L, Rec R;

3 4.4: 1 4.2.
Woman: Turn under joined hands in a 1 1/2 lift fc turn
to end facing ptrn & RLOD. (Footwork should complete
the second triple by stepping ad/cl, ad, twd L OD, turning
to fc ptrn on last step.) Fwd R, L;

1 2.3 4.
Underarm Trn:

1.2. 3 6.4.
Man: Repeat as described above except instead of Rk,
Rec, Man will go into chicken wks in Part B

1 6.2. 3 6.4.
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

1.2. 3 4.
Chicken Walks:

1.2.
Man: Facing RLOD in LOP, step bk L,R,L,R; digging ball
of foot into the floor and leaning slightly bk giving W
firm tug fwd bim. CK motion in prep for underarm trn.
(Do not lead W from ad to ad to produce swivel) W's Rt
hand is placed on front of hip with fingers pointing
dig twd floor

1.2. 3 4.
Woman: Lean bk from waist slightly to give resistance,
wk fwd tossing out R,L,R,L; W's fwd hand on
front of hip, fingers pointing down

1.2.
Underarm trn modified:

1.2.
Man: Turn 1/4 RF & tap L twd RLOD, swivel on R to fc
LOD leading W under joined hands to LOP & step fwd LOD
on L

1 4.2.
Woman: Run fwd R bag a lift fc trn under joined hands,
R/K Lk of R, ad R turning to fc ptrn,

3 4.4: 1 6.2.
Shuffles away and together: (chasses in 5th pos)

3 4.4: 1 6.2.
Man: Turning away from ptrn, shuffle ft with toe twd
RLOD fwd R forward 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 CW circle tch ptrn's hand and
complete the circle once arnd in two triples.

3 4.4: 1 6.2.
Repeat

3 4.4.
Shuffle RLOD -.-.;

3 4.4: 1 6.2.
Woman: Turning 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 4.4: 1 6.2.
Repeat

3 4.4.
Shuffle LOD -.-.;
ONE MORE SHOT (continued)

MAN: Pivot on R ft to fc LOD, L ft will be in a point position twd LOD, hold as w completes 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 lift 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
Woman: Trn head bk to fc fwd & bring hand to hip. Draw L bk to R & stp fwd R all in one action to repeat as described above except twd RLOD

2.3.4.8: 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 3 4 5 6 7 8

2 3 4 5 6 7 8

Woman: Repeat as in Part A

SUGAR PUSH STRUT:

1.2.3.4: Man: Kick L twd RLOD & Wall, XLIF of R; Kick R twd RLOD & COM, XRIF of L, BK L, BK R;

3.4.1.2; 3.4.1 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, 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

1.2.3.4: Woman: Repeat as described above

1 2 3 4

2 3 4 5

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;

1.2.3.4:

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 COM & 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 RF to end fcng wall as in beginning of part A

1.2.3.4:

Woman: Same as man, opposite ftrw

Turning Basic:

3 4 5 6.1.2; 3.4;

Man: CP Sd L, cl R to L trnng rt fc/ sd L to fc RLOD, Sd R, cl L to R cont trnng rt fc/ sd R to fc LOD in SCF; 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

1.2.3.4.6.1.2:

Repeat, finishing the basic with following measure--

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

1.2.3.4:

Man: Fwd L, R

Woman: RK BK R, rec L

3.4.1 3.4.1

Basic to a throwout;

Repeat figure as described in Part A

1.2.3.4:

Throwout;

Repeat figure as described in Part A

TAG

1 - 4 BASIC - - - - - - TURNING BASIC - - - - - - -;

BASIC - - - - - - PT TWD LOD - - -;

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