WEST COAST ONE STEP

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MUSIC: Arhoolie 45-528 "ONE STEP AT A TIME" by Clifton Chenier
Available on record, mini disk or CD

PHASE: West Coast Swing IV+2 (Sugar Bump - Whip Turn)

FOOTWORK: Opposite except as shown in parentheses
SEQUENCE: A B B A B A

LEAD HNDS JOINED FCG LOD WAIT INTRO NOTES.......

PART A

01-06 UNDERARM TURN - SUGAR PUSH;;; L SIDE PASS - SUGAR PUSH;;;

01-03 [UNDERARM TURN] bk L, fwd R trng ¼ RF leading W und raised lead hnd, trng ¼ RF fwd L/cl R, fwd L toward ptr (W fwd R, fwd L und joined lead hnd, fwd R/L/R trng ½ LF); in pl R/L, R (W bk L/cl R, fwd L), [SUGAR PUSH] bk L, bk R; tch L, fwd L, in pl R/cl L, bk R;

04-06 [L SIDE PASS] bk L trng ¼ LF, cl R trng ¼ LF, fwd L/cl R, fwd L (W fwd R, fwd L passing on M's L sd, fwd R/L, R trn ½ LF); R/L (W bk L/clR, fwd L), [SUGAR PUSH] bk L, bk R; tch L, fwd L, in pl R/cl L, bk R;

07-12 WRAPPED WHIP;; CHICKEN WKS;; WHIP TURN;;;

07-08 [WRAPPED WHIP] bk L to dbl hndhold, rec R trng ¼ RF, bring M's L & W's R hnds in & over W's head sd L, cont RF trn/cl R, sd & fwd L in wrapped pos; fwd R trng RF release M's R & W's L hnds, sd L trng RF to fc LOD, sd R/cl L, bk R (W fwd R, fwd L, fwd R/cl L, bk R; bk L, bk R, bk L/cl R, fwd L);

09-10 [CHICKEN WKS] bk L,-, bk R,- (W swivel RF on L/fwd R,-, swivel LF on R/fwd L,-); bk L, R, L, R (W swivel RF on L/fwd R, swivel LF on R/fwd L, swivel RF on L/fwd R, swivel LF on R/fwd L);

11-12 [WHIP TURN] bk L, fwd xRf to W's R sd lead W RF trn into M's R arm, pt L fwd/trn ½ RF on R, sd L to W's R sd fc LOD (W fwd R, fwd L trn RF ½ into M's R arm, bk R/cl L fwd R LOD); xRibL trn RF ½ lead W rf trn, fwd L LOD (W trn RF ½ bk L LOD, bk R fc RLOD, anchor R/L, R;

[LAST TIME - After WHIP TURN point lead ft towards COH & hold]

PART B

01-07 STOP N GO;; SLOW BREAKS; QK BREAKS; TUCK N SPIN - L SIDE PASS;;;

01-02 [STOP N GO] bk L, fwd R, fwd L, fwd L (W fwd R, fwd L, in pl R/L, R trng ½ LF und joined hnds to end at M's R sd) catching W with R hnd on W's L shldr blade; rk fwd R, rec L, small bk R/cl L, bk R (W bk L, rec R, in pl L/R, L trng ½ RF und joined hnds);

03 [SLOW BREAKS] push step sd L/push step sd R,-, cl L/cl R,-;

04 [QK BREAKS] push step sd L/push step sd R, cl L/cl R, push step sd L/push step sd R, cl L/cl R;

05-07 [TUCK N SPIN] bk L, bk R, tch L, fwd L (W fwd R, fwd L, tap Rib, trng RF full spin R/L, R); in pl R/cl L, bk R, [L SIDE PASS] bk L trng ¼ LF, cl R trng ¼ LF; fwd L/cl R, fwd L (W fwd R, fwd L passing on M's L sd, fwd R/L/R trn ½ LF), R/L (W bk L/clR, fwd L);

08-12 RK REC/K'BALL CHG; SUGAR BUMP - L SIDE PASS;; RK REC/K'BALL CHG;

08 [RK REC/K'BALL CHG] rk bk L, rec R, kick L fwd/cl L on ball of ft, cl R;

09-11 [SUGAR BUMP] rk bk L, rec R trn ¼ RF, bring L knee up trn ¼ RF, fwd L trn ½ fc ptr (W fwd R, fwd L trn ¼ LF, bring R knee up trn ¼ LF, fwd R trn ½ LF to fc ptr); bk R/cl L, bk R, [L SIDE PASS] bk L trng ¼ LF, cl R trng ¼ LF; fwd L/cl R, fwd L (W fwd R, fwd L passing on M's L sd, fwd R/L/R trn ½ LF); R/L (W bk L/clR, fwd L);

12 [RK REC/K'BALL CHG] rk bk L, rec R, kick L fwd/cl L on ball of ft, cl R;