WEST COAST SWINGIN’

CHOREO: Kristine & Bruce Nelson, 1807 S Washington # 110-358, Naperville, IL 60565, #630-258-5013 (cell) email: knelson823@earthlink.net

MUSIC: CD: ACOUSTICNESS, Artist: Robin Greenstein, Track # 9 “West Coast Swing”
CD or single track available from Walmart.com Release Date: 6/1/06

FOOTWORK: Opposite unless noted (Woman’s footwork in parentheses)

TIME: 3:21 at CD speed Suggested playback speed 95 to 98% of CD

RHYTHM: West Coast Swing & Jive PHASE: IV+1[Whip Turn]+1[L Side Pass w/Tuck & Spin]


INTRODUCTION

1-4 WAIT; SAILOR SHUFFLES 2X;; BACK 2 POINT,-;
[1] LOP facing M fcg LOD W fcg RLOD M’s L & W’s R ft pointed to COH lead hnds jnd Wait 1 meas;
[2-3] {Sailor Shuffles} XLIB/sd R, sd L, XRIB/sd L, sd R (XRIB/sd L, sd R, XLIB/sd R, sd L); Repeat Intro meas 2;
[4] {Back 2 Point} Bk L, bk R, pt L sd & bk to COH, - (fwd R, fwd L, pt R sd & bk to COH, -);

PART A

1-3 SUGAR PUSH ~ UNDERARM TURN;;;
[1] {Sugar Push} Bk L, bk R, tch L, fwd L (fwd R, fwd L, tch R, bk R);
[2-3] Sip R/L, bk R (sip L/R, L), {Underarm Turn} bk L trng RF, fwd R trng RF raise jnd lead hnds (fwd R, fwd L trn LF undr jnd lead hnds); Fwd L trng RF/cl R trng RF, fwd L fc RLOD, sip R/L, bk R (fwd R trn LF/XLIF cont trn, bk R, sip L/R, L);

4-8 TUCK & SPIN ~ LEFT SIDE PASS;;; M UNDERARM TURN ~ KICK,BALL/CHANGE;;;
[4] {Tuck & Spin} Bk L, bk R, tch L, fwd L release hnds for W’s spin (fwd R, fwd L, tch R, bk R);
[5] Sip R/L, bk R (sip L/R, L), {L Side Pass} trng ¼ LF bk L fc WALL, cl R (fwd R, fwd L);
[6] Sip L/R, fwd L trn fc LOD (fwd R/L, fwd R trng L fc to fcRLOD), sip R/L, bk R (sip L/R, L);

7) {M Underarm Turn} Bk L, fwd & sd R twd W’s L sd trng RF undr jnd lead hnds, sd L/fwdR, fwd L to fc RLOD (Fwd R, fwd L, fwd R trn LF/XLIF cont trn, bk R to fc LOD);
[8] Sip R/L, bk R (sip L/R, L), {Kick Ball/Change} kick L fwd/cl L on ball of ft, sip R (kick R fwd/cl R on ball of ft, sip L);

9-11 SUGAR PUSH ~ UNDERARM TURN;;;
[9-11] {Sugar Push~Underarm Turn} Repeat meas 1-3 of PART A to fc LOD;;;

12-14 SAILOR SHUFFLE 2X;; BACK 2 POINT;
[12-14] {Sailor Shuffles; Back 2 Point} Repeat meas 2-4 of INTRO;;;

NOTE: 3rd & 4th time through PART A begins facing RLOD. Figures remain the same but all facing directions are reversed.
PART B

1-4

L SIDE PASS w/TUCK & SPIN ~ KICK BALL/CHANGE;; SUGAR PUSH ~ KICK BALL/CHANGE;;

[1] {L Side Pass w/Tuck & Spin} Trng ¼ LF bk L fc COH, cl R, tch L leading W to swvl LF, trn LF fwd L fc RLOD (Fwd R, fwd L, turn LF tch R, trng RF on L fwd R spin RF to fc ptr & LOD);
[2] Sip R/L, bk R (sip L/R, L), {Kick Ball Change} Repeat meas 8½ of PART A;
[3-4] {Sugar Push~Kick Ball Change} Repeat meas 1 - 1½ of PART A;,, ~ Repeat meas 8½ of PART A ;

5-8

WRAPPED WHIP;; CHICKEN WALKS 2 SLOW; 4 QUICK;

[5] {Wrapped Whip} Bk L to join all hnds, raising M’s L & W’s R hnds above W’s head rec R trng ¼ RF, bring M’s L & W’s R hnds over W’s head sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W’s L sd (Fwd R, fwd L, fwd R/cl L, bk R);
[6] XRIB trng RF release M’s R & W’s L hnds, trng RF to fc LOD sd & fwd L, sip R/cl L, bk R (Bk L, bk R, sip L/R, L);
[7] {Chicken Walks} Bk L, -, bk R, - (Swvl RF on L fwd R, -, swvl LF on R fwd L, -);
[8] Bk L, bk R, bk L, bk R (Swvl RF on L fwd R, swvl LF on R fwd L, swvl RF on L fwd R, swvl LF on R fwd L);

PART C

1-4

UNDERARM TURN ~ KICK BALL/CHANGE;; WHIP TURN;;

[1-2] {Underarm Turn} Repeat meas 2½ -3 of PART A fc LOD; ,, {Kick Ball/Change} Repeat meas 8½ of PART A ;
[3] {Whip Turn} Bk L, rec fwd & sd R moving to W’s R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc RLOD (Fwd R, fwd L trng ½ RF to CP fc LOD, bk R/cl L, fwd R between M’s feet);
[4] Trng ½ RF XRIB, fwd L to LOP fcg pos LOD, sip R/cl L, bk R (Trng ½ RF fc RLOD bk L, bk R, sip L/R, L);

5-8

KICK BALL/CHANGE ~ LEFT SIDE PASS;; KICK BALL/CHANGE ~ LEFT SIDE PASS;;

[5-6] {Kick Ball/Change} Repeat meas 8½ of PART A,, {L Side Pass} Repeat meas 5½-6 of PART A fc RLOD;;
[7-8] {Kick Ball/Change~L Side Pass} Repeat meas 5-6 of PART C fc LOD;;

9-12

WHIP TURN;; SIDE BREAKS 2 SLOW; 4 QUICK;

[9-10] {Whip Turn} Repeat meas 3-4 of PART C;;
ENDING

1-4
SIDE BREAKS 2 SLOW;  SUGAR PUSH ~ UNDERARM TURN;
[1] \{Side Breaks\} Repeat meas 11 of PART C;
[2-4] \{Sugar Push~Underarm Turn\} Repeat meas 1-3 of PART A fc LOD;

5-8
SAILOR SHUFFLES 2X;;  BACK CROSS POINT 4X;;
[5-6] \{Sailor Shuffles\} Repeat meas 2-3 of INTRO;;
[7-8] \{Back Cross Point 4X\} XLIB, pt sd R to WALL, XРИB, pt sd L to COH (XРИF, pt sd L to WALL, XLIF, pt sd R to COH); Repeat meas 8 of ENDING;

9-13
WHIP TURN;;  TOGETHER 2 LOW BFLY WALL ~ TWISTY VINE 8 ~ SIDE LUNGE CHECKING;;
[9-10] \{Whip Turn\} Repeat meas 3-4 of PART C;;
[11-13] \{Tog 2 fc low BFLY Twisty Vine 8 Side Lunge checking\} Fwd L trn ¼ LF to fc WALL, cl R to BFLY low hands, sd L to LOD, XРИB; sd L, XРИF, sd L, XРИB; sd L, XРИF, lunge sd L to LOD still fcg WALL chkg & shaping to RLOD,- (Fwd R, fwd L trng ¼ RF to CP fc COH, sd R, XLIF; sd R, XLIB, sd R, XLIF; sd R, XLIB, lunge sd R to LOD fcg M chkg looking to RLOD,-);

14-15
REVERSE WRAP IN 3 FC WALL;  SLOWLY LOWER TO POINT HOLD,, (appx)
[14] \{Reverse Wrap In 3 Face WALL\} Release CP join M’s R & W’s L hnds rec R raising & bringing L hnd in front of face toward RLOD leading W to turn LF, cl L fc WALL, lower hnds in wrap pos sd R,- (Rec L start LF turn under jnd ld hnds, sd R cont LF trn to fc WALL, cl L in wrap pos,-);  [15] \{Slowly Lower Point\} Slowly lower into R knee allowing L leg to extend to point L ft to LOD look R toward W - hold,, (Slowly lower into L knee allowing R leg to extend to point R ft to RLOD look L toward M - hold,,)