

WEST COAST SWING

ROUNDALAB STANDARD

Phase IV of Round Dancing

Left Side Pass

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

L sd pass Left Side Pass
BK TRN, BK TRN, SD/CL, FWD TRN;
BK/REC, BK,
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;
BK/REC, BK,)

MAN: Back left commence left face turn, small back right out of the slot complete 1/4 left turn leading woman to pass man's left side, side left/close right, forward left turning 1/4 left face; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right completing 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Figure starts and ends in Left Open Facing Position with 1/2 left face turn.

Man's Underarm Turn

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

M's undrm trn Man's Underarm Turn
BK, FWD & SD, SD TRN/BK & SD TRN, FWD;
BK/REC, BK,
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;
BK/REC, BK,)

MAN: Back left, forward and side right toward woman's left side raising joined lead hands commence right face turn, side left continue turn/back and side right completing 1/2 right face turn, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right completing 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Figure starts and ends in Left Open Facing Position with 1/2 right face turn for man and 1/2 left face turn for woman.

Push Break

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

none Push Break
BK, BK, BK/CL, FWD;
BK/REC, BK,
(FWD, FWD, FWD/CL, BK;
BK/REC, BK,)

MAN: Back left, small back right bringing partner to low BFLY, back left/close right, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Forward right, forward left to low BFLY, forward right close to partner/close left, back right; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Figure starts and ends in Left Open Facing Position.

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Right Side Pass
1,2,3&,4; 1&,2,

R sd pass Right Side Pass
TRN & FWD, BK, FWD TRN/CL, FWD;
BK/REC, BK,
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;
BK/REC, BK,)

MAN: Commence left face turn forward left, small back right leading woman to pass, forward left complete 1/4 left face turn/close right, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right completing 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Usually starts in L-shaped Position right hands joined but may start in Tandem right hands joined in which case man's first step is forward and second step is a cross in back out of the slot. Change from handshake to lead hands joined as woman passes man on step 3. Figure ends in Left Open Facing Position.

Side Breaks
a;1a,2a,3a,4;

sd brks Side Breaks
/STP OUT; STP OUT/STP IN, STP IN/STP OUT,
STP OUT/STP IN, STP IN;

MAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure/side left; side right/step under body left, close right/ side left, side right/ step under body left, close right;*

WOMAN: *Beginning during the latter portion of the last beat of the previous action or movement or figure/side right; side left/ step under body right, close left/ side right, side left/ step under body right, close left;*

Note on timing: The first "a" count occurs on the end of the last beat of the previous action, movement or figure.

Straight Whip
1,2,3&,4;
1,2,3&,4;

straight whp Straight Whip
BK, XIF, SWVL SD & FWD/REC TRN, SD;
XIB, FWD, BK/REC, BK;
(FWD, FWD, FWD/CL, BK;
BK, BK, BK/REC, BK;)

MAN: Back left joining left hands over right, cross right in front of left turning right face raising joined left hands leaving right hands joined low, small side and forward left/recover right turning right face, side left to face Reverse Line of Progression in Varsouvienne position; cross right in back of left turning right face raising right hands leaving joined left hands low, forward left continuing right face turn to face partner, small back right with instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

WOMAN: Forward right, forward left, forward right under joined left hands/close left to right, back right; back left backing under right hands, back right, small back left with instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

NOTE: Figure starts in Open Facing Position facing Line of Progression with right hands joined. Man makes a full turn throughout figure, lady makes no turn ending facing line of progression in open facing position with hands joined or not as prescribed in cue sheet.

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Sugar Push

1,2,-,4; 1&,2,

none

Sugar Push

BK, BK, TAP FWD, FWD; BK/REC, BK,
(FWD, FWD, TAP BK, BK; BK/REC, BK,)

MAN: Back left, back right, tap left slightly forward of right foot, forward left; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Forward right, forward left, tap right slightly back of left foot, back right; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Figure starts and ends in Left Open Facing Position. An option for the woman is to do a triple step slightly to the man's right side on counts 3&,4, as follows: cross right in back of left/cross left in front of right, side and back right turning to face man.

Throwout

1&,2,3&,4;

none

Throwout

TRN SD/CL, FWD, BK/REC, BK;
(SD TRN/CL, SD & BK, BK/REC, BK,)

MAN: Forward and side left commence 1/4 left face turn/close right, forward left, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

WOMAN: Side and back right commence 1/4 left face turn/close left, side and back right, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

NOTE: This figure is described starting in Closed Position. The figure may be started in Semi-Closed Position or may start in other positions at choreographer's discretion then the amounts of turn and even the stepping directions may be different.

A common variation if started in Semi-Closed Position would be described as follows:

1,-,3&,4;
(1&,2,3&,4;)

FWD & SD, TAP, BK/REC, BK;
(FWD/FWD, FWD TRN, BK/REC, BK,)

MAN: Forward and side left leading woman forward, tap right behind left swiveling 1/4 left face on left, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

WOMAN: Forward right/forward left, forward right swiveling 1/2 left face, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

Tuck and Spin

1,2,-,4; 1&,2,

tuck & spn

Tuck & Spin

BK, BK, TAP, FWD; BK/REC, BK,
(FWD, FWD, TAP, TRN FWD SPN; BK/REC, BK,)

MAN: Back left, back right bring lead hand in to center leading woman to a right side lead, tap left to right with left shoulder lead, forward left with left side lead to lead woman's spin; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Forward right, forward left slight turn left face to tight Left Open Facing Position, touch right to left, turn 1/2 right face forward right spin 1/2 right face to face partner; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Figure starts and ends in Left Open Facing Position. Woman completes a full right face turn.

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Tummy Whip

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

tummy whp Tummy Whip
BK, XIF, SWVL SD/REC TRN, FWD;
XIB TRN, FWD, BK/REC, BK;
(FWD, FWD, FWD/CL, BK;
BK, BK, BK/REC, BK;)

MAN: Back left releasing lead hands, slight cross right in front of left moving toward the woman's right side placing right hand on woman's right hipbone, swivel 1/4 right face on right foot side left [partial weight]/recover right turn 1/4 right face, forward left to woman's left side; releasing woman's hip cross right in back of left commence right face turn, side and forward left complete 1/2 right face turn to face partner in Left Open Facing Position, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

WOMAN: Forward right, forward left, forward right/close left, back right; back left, back right, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

NOTE: Starts and ends in Left Open Facing Position. Woman has no turn; however, man has one full turn.

Turkey Walks

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

none Turkey Walks
SD, CL, SD, CL;
SD, CL, TRN, CL;
(SD, CL, SD, CL;
SD, CL, TRN, CL;)

MAN: Side left commence to pass behind woman, close right to left, side left, close right to left; Side left, close right to left having passed behind woman, turning 1/4 right face side left to face Reverse Line of Progression, close right to left facing partner;

WOMAN: Side right, close left to right, side right, close left to right; Side right, close left to right, turning 1/4 left face side right to face Line of Progression, close left to right facing partner;

NOTE 1: Figure is described above with the starting position (alignment) of Left Open Facing Position, facing the wall, lead feet free (inside feet) and no hands joined.

NOTE 2: Figure may be started with Open Position (or modified Open), facing any one of four directions (alignment): WALL, COH, LOD or RLOD, with woman on either side of man, inside feet free and no hands joined.

NOTE 3: Ending position: Left Open Facing 1/4 turn from starting position facing partner.

NOTE 4: Figure is normally done using "jazz hands" throughout all 8 counts. Holding elbows at sides with forearms extended up and palm facing out from body with fingers splayed moving hands left to right rapidly or wave rapidly throughout the figure.

NOTE 5: Figure is normally done using strong Cuban motion on each side step and closing step (Merengue action).

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Underarm Turn

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

undrm trn Underarm Turn
BK, XIF TRN, SD/CL, SD & FWD TRN;
BK/REC, BK,
(FWD, FWD TRN, SD TRN/XIF TRN, BK TRN;
BK/REC, BK,)

MAN: Back left, raising joined lead hands and leading woman to pass man's right side cross right in front of left to woman's right side commence right face turn, side left/close right, side and forward left complete 1/2 right face turn; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Forward right, forward left commence left face turn, side right continue turn/cross left in front continue turn, back right complete 1/2 left face turn to face partner [French Cross]; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Figure starts and ends in Left Open Facing Position with 1/2 right face turn for man and 1/2 left face turn for woman.

Wrapped Whip

1,2,3&,4;

1,2,3&,4;

wrpd whp Wrapped Whip
BK, XIF TRN, SD TRN/CL, SD;
XIB TRN, SD & FWD TRN, BK/REC, BK;
(FWD, FWD, FWD/CL, BK;
BK, BK, BK/REC, BK,)

MAN: Back left to double handhold, raising joined lead hands and leading woman forward cross right in front of left turn 1/4 right face, side left continue right face turn lowering joined lead hands/close right, side and forward left to end in Wrapped Position on woman's left side; cross right in back of left commence right face turn release man's right and woman's left hand, side and forward left complete 1/2 right face turn to face partner in Left Open Facing Position, small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor];

WOMAN: Forward right, forward left, forward right passing under joined lead hands/close left, back right to end in Wrapped Position, small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor];

NOTE: Figure starts and ends in Left Open Facing Position. The woman has no turn; however, the man has one full turn.