

WC. WEST COAST SWING

CHARACTERISTICS: West Coast Swing has three basic families of figures: Passing figures [with a timing of 1,2,3&4; 1&,2,], Sugar figures [with a timing of 1,2,-,4; 1&,2,], and Whip figures [with a timing of 1,2,3&4; 1,2,3&,4;]. An optional timing is to use an “a” in place of the “&” [as in 1,2,3a,4; 1a,2,]. West Coast is danced in a slot. The slot is an imaginary rectangle on the floor. Partner travels up and down the slot from one point to another by passing through the center. Leader steps to the side of the slot to allow partner to pass and then returns to the center. Most figures end with an anchor step, although a coaster step is optional.

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Alternating Underarm Turn	Half Whip	Sugar Bump	Surprise Whip
Cheek to Cheek	Hook Turn	Sugar Toe Heel Crosses	Triple Travel with Roll
Faceloop	Side Whip	Sugar Wrap Knee Lift Unwrap	Whip Turn

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Alternating Underarm Turn alt undrm trn Alternating Underarm Turn
 1,2,3&,4;
 1&,2,
 BK, XIF TRN, SD TRN/CL, FWD SPN;
 BK/REC, BK,
 (FWD, FWD TRN, SD/XIF TRN, BK;
 BK/REC, BK,)

MAN: Back left, slight cross right in front of left moving toward the woman’s right side raising joined lead hands commence right face turn, side left complete 1/4 right face turn/close right, forward left spin 3/4 left face under joined lead hands to face partner; 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 turn 1/4 left face under lead hands, side right/cross left in front of right turn 1/4 left face, back right; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

Cheek to Cheek none Cheek to Cheek
 1,2,3,4;
 1&,2,
 BK, REC FWD TRN, LIFT & TRN, FWD TRN;
 BK/REC, BK,
 (FWD, FWD TRN, LIFT & TRN, FWD TRN;
 BK/REC, BK,)

MAN: Back left, recover forward right commence right face turn, lift left knee up continue right face turn up to 1/2 touching left hip to woman's right hip, placing left forward of right as toe takes weight turn up to 1/2 left face to face partner; 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, lift right knee up touching right hip to man's left hip, placing right forward of left as toe takes weight turn up to 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: Starts and ends in Left Open Facing Position. Up to 1/2 turn away from partner between counts 2 and 3 and up to 1/2 turn toward partner between counts 4 and 5.

**ROUNDALAB STANDARD
Phase V of Round Dancing**

WEST COAST SWING

Sugar Bump

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

none
Sugar Bump
BK, REC FWD TRN, LIFT & TRN, IN PL;
BK/REC, BK,
(FWD, FWD TRN, LIFT & TRN, IN PL;
BK/REC, BK,)

MAN: Back left, recover forward right, bringing lead hands thru commence a full right face turn lift left knee continue right face turn touching left hip to woman's right hip release hands continue right face turn rolling bottoms, continue right face turn in place left to face partner joining lead hands; 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, bringing lead hands thru commence a full left face turn lift right knee up continue left face turn touching right hip to man's left hip releasing hands continue left face turn rolling bottoms, continue left face turn in place to face partner joining lead hands; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

Sugar Toe Heel Crosses

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

none
Sugar Toe Heel Crosses
BK, BK, SWVL TCH, SWVL TCH;
SWVL XIF, SWVL TCH, SWVL TCH, SWVL XIF;
(FWD, FWD, SWVL TCH, SWVL TCH;
SWVL XIF, SWVL TCH, SWVL TCH, SWVL XIF;)

MAN: Back left, back right to BFLY, swivel right face on right and touch left toe to right instep, swivel left face on right and touch left heel diagonally forward; Swivel right face on right and cross left in front of right, swivel left face on left and touch right toe to left instep, swivel right face on left and touch right heel diagonally forward, swivel left face on left and cross right in front of left.

WOMAN: Forward right, forward left to BFLY, swivel left face on left and touch right toe to left instep, swivel right face on left and touch right heel diagonally forward; Swivel left face on left and cross right in front of left, swivel right face on right and touch left toe to right instep, swivel left face on right and touch left heel diagonally forward, swivel right face on right and cross left in front of right;

NOTE: Figure starts in Left Open Facing Position toward Line of Progression and ends in the same position and direction making no turn.

Sugar Wrap Knee Lift Unwrap sugar wrp knee lift unwrp Sugar Wrap Knee Lift Unwrap
 1,2,-,4; 1&,2 BK, SM BK, TCH, FWD; BK/REC, BK
 (FWD, FWD TRN, LIFT, FWD TRN; BK/REC, BK;)

MAN: Back left, small back right leading woman to turn 1/2 right face to wrap position in front of man maintaining joined lead hands with man's right hand comfortably on woman's back between right hip and shoulder, touch left forward, forward left unwrapping woman to turn left face to face man; 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 swiveling right face to a wrapped position in front of man maintaining joined lead hands, lift right knee extending left arm forward, forward right turning left face to face man; 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 with lead feet free. Line of progression can be any direction on floor. Man leads woman to wrap on second count by applying increased lead hand pressure as woman takes weight on second step. Man leads woman to unwrap on fourth count while stepping forward and moving lead hands in slight counterclockwise direction while exerting a small amount of pressure through right hand to woman's back.

Surprise Whip surprise whp Surprise Whip
 1,2,3&,4; BK, XIF, SWVL SD/REC TRN, FWD;
 1,2,3&,4; CK FWD, REC, BK/REC, BK;
 (FWD, FWD TRN, BK/CL, FWD;
 SWVL BK, REC TRN, BK/REC, BK;)

MAN: Back left, slight cross right in front of left moving toward the lady's right side into Loose Closed Position, swivel 1/4 right face on right foot side left [partial weight]/recover right turn 1/4 right face, forward left to Closed Position; turning upper body strongly to the right leading woman to turn sharply right face forward right outside partner checking motion and stopping woman with man's right hand on woman's back ending in an L-shaped Semi-Closed Position looking at partner, recover back left raising joined lead hands, 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 turn 1/2 right face, back right/close left, forward right between man's feet to Closed Position; swivel right face on supporting foot back left, recover forward right turn 1/2 right face under joined lead hands 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];

ROUNDALAB STANDARD
Phase V of Round Dancing

WEST COAST SWING

Triple Travel with Roll

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

trpl travel w/roll Triple Travel with Roll
SD/CL, SD & FWD, FWD TRN, FWD TRN;
SD/CL, SD TRN, SD/CL, SD TRN;
SD/CL, SD & FWD, FWD TRN, FWD TRN; BK/REC, BK,
(SD/CL, SD & BK, FWD TRN, FWD TRN;
SD/CL, SD TRN, SD/CL, SD TRN;
SD/CL, SD & BK, FWD TRN, FWD TRN; BK/REC, BK,)

MAN: Side right/close left, side and forward right commence right face turn 1/4, forward left continue right face turn 3/4, forward right continue right face turn 1/2 completing 1 1/2 turns to a Left Hand Star; side left/close right, side left turn 1/2 left face to a Right Hand Star, side right/close left, side right turn 1/2 right face to a Left Hand Star; side left/close right, side and forward left commence left face turn 1/4, forward right continue left face turn 1/2, forward left continue left face turn 1/2 [making a 1 1/4 turn] to face partner join lead hands; small back right with toes turned out and instep close to heel of left/recover slightly forward left, slightly back right [Anchor],

WOMAN: Side left/close right, side and back left commence right face turn 1/4, forward right continue right face turn 3/4, forward left continue right face turn 1/2 completing 1 1/2 turns to a Left Hand Star; side right/close left, side right turn 1/2 left face to a Right Hand Star, side left/close right, side left turn 1/2 right face to a Left Hand Star, side right/close left, side and back right commence left face turn 1/4, forward left continue left face turn 1/2, forward right continue left face turn 1/2 [making a 1 1/4 turn] to face partner join lead hands; small back left with toes turned out and instep close to heel of right/recover slightly forward right, slightly back left [Anchor],

NOTE: Starts in a Right Hand Star, ends Left Open Facing Position. The figure will progress toward either Line of Dance or Reverse Line of Dance depending upon the starting facing position.

Whip Turn

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

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

MAN: Back left, slight cross right in front of left moving toward the lady's right side into Loose Closed Position, swivel 1/4 right face on right foot side left [partial weight]/recover right turn 1/4 right face, forward left to Closed Position; 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 turn 1/2 right face, back right/close left, forward right between man's feet to Closed Position; swivel sharply 1/2 right face on supporting foot keeping left leg close to right and under the body 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 Left Open Facing Position making 1/2 right face turn each measure. The "Power Whip" variation is similar except that on count 3 the man swivels 1/4 right face on supporting right foot while pointing left foot to side; on count 4 the man swivels an additional 1/4 right face on supporting right foot and steps forward on left.

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