

WEST COAST SWING

ROUNDALAB STANDARD

Phase VI of Round Dancing

Sugar Push Hook Turn

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

sugar push hk trn Sugar Push Hook Turn

BK, BK, TCH, FWD; XIB TRN/SD, CL,
(FWD, FWD, TCH, BK; STP/STP, STP,)

MAN: Back left, back right, touch left, forward left; hook right behind turning 1/2 right face taking joined hands over man's head releasing woman's right hand letting it slide down the right arm joining hands when reaching right hip/side left, close right and change to man's and woman's right hands joined [woman now behind man in Tandem],

WOMAN: Forward right, forward left, touch right, back right; in place left/right, left [now behind man in Tandem right hands joined],

NOTE: Starts in Left Open Facing Position and ends in Tandem with right hands joined.

Traveling Side Pass

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

trav sd pass Traveling Side Pass

SD, REC, XIB/SD, SD; XIF/SD, CL,
(FWD, FWD TRN, SD TWRL/IN PLC, IN PLC;
XIB/SD, XIF,)

MAN: Side left, recover right raising joined left hands leading Woman to face, cross left in back/side right, small side left while turning upper body left face raising joined right hands and lowering joined left hands to lead woman to twirl left face 1 & 1/2 turns to end with woman in back & slightly to left of man still maintaining double hand hold; cross right in front/side left, close right taking joined left hands over man's head to end in side-by-side position with all hands still joined left hands over right hands,

WOMAN: Forward right, forward left commence left face turn to face partner, twirling 1-1/2 turns left face first under joined left hands and then under joined right hands side right/in place left, in place right to end behind slightly to man left side; cross left behind/side right, cross left in front.

NOTE: Commonly starts in L-shaped Position right hands joined low and left hands joined high [left-left over right-right]. All hands remain joined throughout. Left hands may be joined on step 2; however, this complicates the figure. The figure could start with partners facing in which case the man's first two steps would both be back and he would swivel left face 1/4 on second step. The figure could also start in an over turned position with man and woman both facing the same direction. In this case the man's first step is back turning 1/4 right face and the second step is back clearing the slot. The figure makes 1 1/2 turns to the left for the woman, and ends both facing the same direction with woman to man's right side.

Whip Inside Turn

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

whp insd trn Whip Inside Turn

BK, FWD, SWVL SD /REC TRN, FWD;
XIB TRN, FWD, BK/REC, BK;
(FWD, FWD SWVL, BK/CL, FWD;
FWD TRN, FWD TRN, BK, BK/REC, BK;)

MAN: Back left, forward right 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 raising joined lead hands; leading woman's left face underarm turn 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; forward left commence left face underarm turn, forward right turn 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];

ROUNDALAB STANDARD
Phase VI of Round Dancing

WEST COAST SWING

Whip Outside Turn

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

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

MAN: Back left, forward right moving toward the lady's right side into Loose Closed Position, swiveling 1/4 right face on right foot side left [partial weight]/recover right turning 1/4 right face, step forward left raising joined lead hands; leading woman's right face underarm turn cross the right foot behind the left turning right face 1/2, 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 turning right face 1/2, back right/close left, forward right between man's feet; forward left spiraling 3/4 right face under joined lead hands, continuing right face turn forward right 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];

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