

Shine

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Music: "Shine" by Laura Izibor, CD: *Let The Truth Be Told*, Track 1 (Length: 3:35), Download from Amazon

Music Modification: Cut at 3:16 and fade from 3:13

Recommended Speed: Slow by 2% (~44 rpm)

Rhythm/Phase: West Coast Swing V+1+4UP

Sequence: A(3-8)-A-B-C-A-Inter-C-B(mod)-D-C-C-Ending

Footwork: Described for Man, Lady opposite (or as noted)

Timing: Timing reflects actual weight changes.

PART A (MEASURES 3-8)

1-5 WAIT 2 MEAS ; ; WAIST DRAG to HANDSHAKE ; -,-, FACE LOOP SUGAR PUSH ; ;

6-8 INSIDE SURPRISE WHIP ; w/ DOUBLE SURPRISE CHECK ; ;

- 1-2 LOP FCG POS LOD wait 2 meas;;
- 3 {Waist Drag to Handshake QQQ&Q Q&Q} Bk L, turn ¼ LF fwd & sd R off the slot & place W's lead hand on M's R hip, trng ¼ LF in plc L/R as W passes behind, complete LF turn sd & fwd L into slot (W: fwd R, fwd L start ½ RF turn, cont RF turn slide behind M keep lead hand on M's waist XRIF of L/sd L, XRIF of L);
- 4 Join R hands anchor R/L, R end HANDSHAKE RLOD, {Fc Loop Sugar Push QQ-Q Q&Q} Bk L, small bk R (W: fwd R, L);
- 5 Pt L fwd & loop joined R hands over M's head & place L hand on W's R hip, fwd L, anchor R/L, R (W: tap R behind L & place L hand on M's R hip, bk R, anchor L/R, L) end LOP FCG POS RLOD;
- 6 {Inside Surprise Whip w/ Dbl Surprise Check QQQ&Q QQQQ QQQ&Q} Bk L, raising lead hands fwd & across R start RF trn, catch W's L shoulder blade with R hand cont RF trn sd L/rec R, sd & fwd L across slot (W: fwd R, fwd L start ½ LF turn under joined lead hands, cont LF trn bk R/cl L, fwd R between M's ft) to momentary CP LOD;
- 7 Lead W to trn RF fwd R flexing knee checking & looking bk at W, rec L keep joined lead hands low, small bk R, rec L (W: trn ½ RF on R bk L flexing knee, rec R, fwd L into W's R arm extend L arm fwd, rec R);
- 8 Fwd R flexing knee checking & looking bk at W, rec L raising joined lead hands, anchor R/L, R (W: bk L flexing knee extend L arm up, rec R start RF trn under lead hands, cont RF trn anchor L/R, L) end LOP FCG POS LOD;

PART A

1-5 SIDE WHIP ; ; WAIST DRAG to HANDSHAKE ; -,-, FACE LOOP SUGAR PUSH ; ;

6-8 INSIDE SURPRISE WHIP ; w/ DOUBLE SURPRISE CHECK ; ;

- 1 {Side Whip QQ--QQ&Q (QQQ&Q QQQ&Q)} Bk L, fwd & across R start RF trn catch W's back with trail hand, slight RF trn point L sd twd LOD, over next 3 beats gradually shift weight to L in press line as you lead W past (W: fwd R, fwd L trng ½ RF, bk R/cl L, fwd R);
- 2 Cont shifting weight to L lead W fwd, full weight in L ft press line lead W fwd, bk into slot to anchor R/L, R (W: fwd L, fwd R trng ½ LF, anchor L/R, L) end LOP FCG POS LOD;
- 3-8 Repeat Meas 3-8 of Part A end LOP FCG POS LOD;;;;;

PART B

1-5 SUGAR BUMP ; -,-, SUGAR TUCK & SPIN ; ; WHIP w/ MAN'S UNDERARM EXIT ; ;

6-8 SCOOP SUGAR PUSH ; w/ 3 SCOOPS ; ;

- 1 {Sugar Bump QQ-Q Q&Q} Bk L, rec R start RF trn, lift L knee up & across body trng ½ RF to brush lead "cheek" w/ ptr and release lead hands, fwd L RLOD trn ½ RF (W: fwd R, fwd L start LF trn, lift R knee up & across body trng ½ LF to brush lead "cheek" w/ ptr and release lead hands, fwd R LOD trn ½ LF);
- 2 Anchor R/L, R end LOP FCG POS LOD, {Sugar Tuck & Spin QQ-Q Q&Q} Bk L, sm bk R (W: fwd R, fwd L);
- 3 Lead hands palm-to-palm tch L to R tucking W in, fwd L release lead hands, anchor R/L, R (W: & TOUCH R to L tucking in twd M, trng ½ RF fwd R twd LOD spin ½ RF, anchor L/R, L) end LOP FCG POS LOD;

- ## PART C

- ## PART A

- 1-8 Repeat Meas 1-8 of Part A with facing directions reversed end LOP FCG POS RLOD,,,,,,,,

INTERLUDE**1-4 4-COUNT UNDERARM TURN ; SCOOP SUGAR PUSH ; w/ 3 SCOOPS ; ;**

- 1 {4-Count U/A Turn QQQQ} Bk L, fwd & across R, trng RF sd & bk L into slot lead W under joined lead hands, small bk R (W: fwd R, fwd L, fwd R trng ½ LF under joined lead hands, small bk L) end LOP FCG POS LOD;
- 2-4 Repeat Meas 6-8 of Part B end LOP FCG POS LOD;;;

PART C**1-4 WHIP ; w/ OUTSIDE TURN ; UNDERARM TURN (LET GO) MAN HOOK TURN (LADY ROCK TRANS) BOTH FACE DLW ; -,-, (L FT) ROLL 3 to LOD & TOUCH ;****5-8 -,-, ROLL 3 to RLOD & TOUCH ; -,-, ROLL 3 to LOD & TOUCH ; -,-, MAN FACE TOUCH (LADY TURN RF in 2) ; (LEAD HANDS) SAILOR SHUFFLES ;**

- 1-8 Repeat Meas 1-8 of Part C end LOP FCG POS RLOD;,,,,;

PART B MODIFIED**1-5 SUGAR BUMP ; -,-, SUGAR TUCK & SPIN ; ; WHIP w/ MAN'S UNDERARM EXIT ; ;****6-8 SCOOP SUGAR PUSH ; w/ 3 SCOOPS ; -,-, SHAKE HANDS ;**

- 1-8 Repeat Meas 1-8 of Part B with facing directions reversed end HANDSHAKE RLOD;,,,,;

PART D**1-4 (SLOWLY!!!) LEFT SIDE PASS in 4 ; ON 3 LADY SPIRAL to VARSOU LOD ; SLOW WALK 4 ; -,-, ON 4 LADY TURN LF to LOW DOUBLE HANDHOLD ;****5-8 SLOW ROCK LEFT & RIGHT ; AGAIN ; ROCK APART for WRAPPED WHIP ; ;**

- 1 {4-Slow Left Sd Pass w/ Lady Spiral to Varsou SS SS} Bk L trn ¼ LF off slot,-, cl R,- (W: fwd R,-, fwd L start LF trn,-);
- 2 Trn ¼ LF fwd L lead W to spiral LF to Varsou,-, fwd R,- (W: fwd R spiral 7/8 LF,-, fwd L,-) end VARSOU LOD;
- 3 {Slow Walk 4 W Trn LF SS SS} Progressing down LOD fwd L,-, fwd R,-;
- 4 Fwd L,-, cl R release R hands lead W turn LF with L hands,- (W: fwd L turn ½ LF,-) end LOW DBL HANDHOLD LOD;
- 5 {Slow Rk L & R Twice SS SS} Rk sd L,-, rec R,-;
- 6 Rec L,-, rec R,- end LOW DBL HANDHOLD LOD;
- 7 {Rk Apt for Wrapped Whip QQQ&Q QQQ&Q} Bk L, fwd & across R start RF trn raise joined lead hands, bring lead hands over W's head cont RF trn sd L/rec R, sd & fwd L across slot (W: bk R, rec fwd L, fwd R under lead hands/cl L, bk R) end WRAPPED POS RLOD;
- 8 Release trail hands trng RF XRIB of L, cont RF trn sd & fwd L into slot, anchor R/L, R (W: bk L, bk R, anchor L/R, L) end LOP FCG POS LOD;

PART C**1-4 WHIP ; w/ OUTSIDE TURN ; UNDERARM TURN (LET GO) MAN HOOK TURN (LADY ROCK TRANS) BOTH FACE DLW ; -,-, (L FT) ROLL 3 to LOD & TOUCH ;****5-8 -,-, ROLL 3 to RLOD & TOUCH ; -,-, ROLL 3 to LOD & TOUCH ; -,-, MAN FACE TOUCH (LADY TURN RF in 2) ; (LEAD HANDS) SAILOR SHUFFLES ;**

- 1-8 Repeat Meas 1-8 of Part C end LOP FCG POS RLOD;,,,,;

PART C

- 1-4** WHIP ; w/ OUTSIDE TURN ; UNDERARM TURN (LET GO) MAN HOOK TURN (LADY ROCK TRANS) BOTH FACE DRC ; -,-, (L FT) ROLL 3 to RLOD & TOUCH ;
- 5-8** -,-, ROLL 3 to LOD & TOUCH ; -,-, ROLL 3 to RLOD & TOUCH ; -,-, MAN FACE TOUCH (LADY TURN RF in 2) ; (LEAD HANDS) SAILOR SHUFFLES ;
- 1-8 Repeat Meas 1-8 of Part C with facing directions reversed end LOP FCG POS LOD; ; ; ; ; ; ; ; ; ;

ENDING**1** **SIDE LUNGE w/ TRAIL ARM SWEEP ;**

- 1 {Sd Lunge w/ Arm Sweep S--} Sd L twd COH with soft knee bring trail arm in front of body, sweep trail arm up and out looking at partner as the music fades,-,-;