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

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

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

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

- 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 1/2 RF turn, cont RF turn slide behind M keep lead hand on M's waist XRIF of L/sd L, XRIF of L);
- 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);
- 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 5 behind L & place L hand on M's R hip, bk R, anchor L/R, L) end LOP FCG POS RLOD;
- {Inside Surprise Whip w/ Dbl Surprise Check QQQ&Q QQQQ QQQ&Q} Bk L, raising lead hands fwd & across 6 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
- 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 1/2 RF on R bk L flexing knee, rec R, fwd L into W's R arm extend L arm fwd, rec R);
- Fwd R flexing knee checking & looking bk at W, rec L raising joined lead hands, anchor R/L, R (W: bk L flexing 8 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

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

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

- {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 1/2 RF, bk R/cl L, fwd R);
- 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: 2 fwd L, fwd R trng 1/2 LF, anchor L/R, L) end LOP FCG POS LOD;
- Repeat Meas 3-8 of Part A end LOP FCG POS LOD;;;;;; 3-8

PART B

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

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

- {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);
- 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); 2
- Lead hands palm-to-palm tch L to R tucking W in, fwd L release fead 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;

- 4 **{Whip with M's U/A Exit QQQ&Q QQQ&Q}** Bk L, fwd & across R off the slot start ¼ RF trn taking W into R arm, complete RF trn small sd L/rec R, raising lead hands fwd L across slot twd WALL (W: fwd R, fwd L trng ½ RF, bk R/cl L, fwd R pointed between M's ft) now M fcg WALL W fcg ptr & LOD lead hands raised over M's head M's R hand on W's L hip;
- 5 Lead W fwd then quickly remove R hand from W's hip fwd R twd WALL under joined lead hands, trn ¼ LF bk L into slot, anchor R/L, R (W: fwd L, fwd R turning ½ RF, back for anchor L/R, L) end LOP FCG POS LOD;
- {Scoop Sugar Push QQ-Q& -Q&-Q&-QQQ} Bk L, small bk R to tight BFLY, pt L fwd with L shoulder lead, soften R knee fwd L with scooping action/cl R (W: fwd R, fwd L, tap R behind L, soften L knee bk R with scooping action/cl L);
- Pt L fwd with L shoulder lead, soften R knee fwd L with scooping action/cl R, pt L fwd with L shoulder lead, soften R knee fwd L with scooping action/cl R (W: tap R behind L, soften L knee bk R with scooping action/cl L, tap R behind L, soften L knee bk R with scooping action/cl L);
- Pt L fwd with L shoulder lead, fwd L pushing W back, anchor R/L, R (W: tap R behind 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;

- **Whip w/ Outside Turn QQQ&Q QQQ&Q**} Bk L, fwd & across R off the slot start RF trn taking W into R arm, cont RF trn sd/rec R, sd & fwd L across slot (W: fwd R, fwd L trng ½ RF, bk R/cl L, fwd R between M's ft) end momentary CP RLOD;
- Raising lead hnds lead W to trn RF trn ½ RF XRIB of L, fwd & sd L into slot, anchor R/L, R (W: trn ½ RF bk L, trn ½ RF fwd R, turn ½ RF bk to anchor L/R, L) end LOP FCG POS LOD;
- 3 **{U/A Trn M Hook Trn W Rk Trans QQQ&Q Q&Q (QQQ&Q QQ)}** Bk L, fwd & across R off the slot start ½ RF trn raising joined lead hands to lead W to pass under, cont RF trn sd L/rec R, fwd L into slot (W: fwd R, fwd L passing under joined lead hands start ½ LF trn, cont LF trn sd R/XLIF of R, sd & bk R to fc LOD);
- 4 Release hands XRIB of L trng RF/cont RF trn in place L, cont RF trn fwd & across R twd LOD (W: rk bk L, fwd & across R trng slightly RF) end BOTH FCG DLW {Roll 3 to LOD & Tch QQQ-} Note: Now Same Footwork. Roll LF twd LOD L, R;
- Cont LF roll L, tch R to L and optionally snap both fingers at waist level end BOTH FCG DLW, {Roll 3 to RLOD & Tch QQQ-} Roll RF R, L;
- Cont RF roll R, tch L to R optionally snap both fingers at waist level end BOTH FCG DRW; {Roll 3 to LOD & Tch QQQ-} Roll LF twd LOD L, R;
- Cont LF roll L, tch R to L and optionally snap both fingers at waist level end BOTH FCG DLW, {M Fc Tch W Trn RF Q- (QQ)} Trng RF fwd L twd RLOD, tch L to R and join lead hands {W: trng RF fwd R twd RLOD spin ½ RF, cl L} end LOP FCG POS RLOD;
- 8 {2 Sailor Shuffles Q&QQ&Q} Note: Now opposite footwork. Ronde L CCW XLIB/small sd R, sd L, ronde R CW XRIB/small sd L, sd R end LOP FCG POS RLOD;

PART A

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

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

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

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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,-;
 - 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;
 - 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;;;;;;;

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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,-,-;