

WEST COAST LOVIN' MAN REL.: 06/2018

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MUSIC: LOVIN' MAN, SPECIAL PRESSING, FLIP SIDE OF WARM & WILLING

Record Available from Choreographers, or Amazon Music "Man In Love" by Eric Clapton

RHYTHM: WCS **PHASE:** V+1+2 (ROCK WHIP + SUGAR TOE HEEL CROSS, WHIP W/HAND CHANGE)

SPEED TO SUIT: 43 RPM, TAUGHT & DANCED AT 43 RPM, SLOW FOR COMFORT

DIFFICULTY: AVERAGE

POSITION: MAN FACING PARTNER & REVERSE LINE OF DANCE LEAD FEET

SEQUENCE: INTRO-ABA-END

INTRO (8 MEAS)

LOP FCG PTNR, RLOD LD FT, WAIT 2 MEAS;; CHCKN WLKS (2 SLO 4 QK);;

SUGAR PUSH w/XTRA RK;; SD WHIP;;

- 1-2 LOP FC Ptn Rlod, ld Ft, Wait 2;;
3-4 [*Chckn Wks*] bk L, bk R; bk L, bk R, bk L, bk R; lead W to Swvil (swvl fwd R, swvl fwd L; swvl fwd R, swvl fwd L;; swvl fwd R, swvl fwd L;)
5-6 [*Sugar push w/extra rk*] Bk L, bk R, tap L, fwd L; Rk bk R, fwd L, in plc R/L, R (Fwd R, fwd L, tap R in bk, rk bk R; Rk fwd L, bk R, sm bk L/in plc R, L);
7-8 [*Sd whp*] Bk L, rec fwd & sd R to W's R sd trng ¼ RF to L-shape pos plcg R hnd on W's bk, press L fwd, hold; Hold, fwd L trng ¼ LF, in plc R/L, R (Fwd R, fwd L trng ½ RF to fc LOD, bk R/cl L, fwd R; Fwd L, fwd R trng ½ LF fc ptr, sm bk L/in plc R, L);

PART A (24 MEAS)

ALTERNATING U/A TRN;;; PASSNG TUCK & SPIN;;; SAILOR SHUFFLE 2;

- 1-3 [*Alternating undrm trn*] Bk L, XRIF to W's R sd raising jnd ld hnds comm RF trn, sd L compl ¼ RF trn/cl R, fwd L spn ¾ LF und jnd ld hnds to fc; in plc R/L, R (Fwd R, fwd L trn ¼ LF und jnd ld hnds, sd R/XLIF trn ¼ LF, small bk R; in plc L/R, L) LOP fcg LOD,
[*Passg tuck & spn*] Trng ¼ LF bk L, rec sd R; tch L leading W to swvl LF, trn LF fwd L fc LOD, in plc R/L, R (Fwd R, fwd L; turn LF sd R/XLIF, trng RF on L fwd R spin RF to fc ptr & LOD, in plc L/R, L) LOP fcg RLOD;
4 [*Sailor shffl 2*] XLIB/sd R, sd L, XRIB/sd L, sd R (XRIB/sd L, sd R, XLIB/sd R, sd L);

WHIP w/HND CHG BHND BK;; FC LOOP SUGAR PUSH w/XTRA RK;; U/A TRN, Man's Hook Trn (rt hnds);;

- 5-6 [*Whp w/hnd chg beh bk*] Bk L, rec fwd & sd R to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc RLOD (Fwd R, fwd L trn RF ½, bk R/cl L, fwd R); XRIBL take ld hnds dwn & beh W's bk chg to R-R hnd hold, trn RF fwd L, in plc R/L, R (Bk L comm RF trn, cont RF trn fwd R trn to fc M, in plc L/R, L) R hndshk pos fcg RLOD;
7-9.5 [*Fc loop sugar push w/extra rk*] Bk L, bk R raise jnd R hnds ovr M's head to bk of neck L hnd to W's R hip, tap L, fwd L; Rk bk R, rel hnds fwd L ldg W to stp bk, in plc R/L, R (Fwd R, fwd L slight RF trn, tap RIB, bk R; Rk fwd L, rec bk R slide R hnd dwn M's L arm, sm bk L/in plc R, L) LOP fcg RLOD;
[*Underarm Trn Man's Hook Trn, rt hnds*] Bk L, recov R moving to W's R sd start RF trn, lead W to LF underarm trn as trn triple to fc LOD L/R, L; hook RIB of L to trn on the spot RF/ L, R to end fcing wall join R hnd to her to R hnd (W fwd R, fwd L start LF trn, trn under lead hnds sd R/ XLIF of R, bk R to fc ptr & RLOD; anchor L/R, L),

RT SD PASS w/TUCK & SPIN;;; BCK X PT (2X); WRAPPED WHIP;; LT SD PASS & KBC;;

- 10-11.5 [*R sd pass w/tuck & spn*] Fwd L, rec R ldg W fwd to pass, tch L leading W to swvl LF, fwd L fc LOD; in plc R/L, R (Fwd R, fwd L, swvl LF ¼ on L tch R, trng RF fwd R spin RF to fc M; in plc L/R, L) LOP fcg RLOD,
[*Back Cross Pts*] XLIB, pt R sd, XRIB, pt L sd; (W XRIF, pt L sd extend R arm, L hand on hip, XLIF, pt R sd extend L arm R hand on hip;)
12-16 [*Wrp Whp*] Bk L to join all hnds, raising M's L & W's R hnds above W's head rec R trng ¼ RF, bring M's L & W's R hnds over W's head sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd; XRIB trng RF release M's R & W's L hnds, trng RF to fc LOD sd & fwd L, in plc R/L, R (Fwd R, fwd L, fwd R/cl L, bk R; Bk L, bk R, in plc L/R, L);
[*L sd pass ~ Kck/bl chg*] Trng ¼ LF bk L fc WALL, cl R, in plc L/R, fwd L trn LF fc LOD; in plc R/L, R, kck L fwd/in plc L, R (Fwd R, fwd L, fwd R/L, fwd R trng LF; in plc L/R, L, kck R fwd/in plc R, L) LOP

LOD;

CHEEK to CHEEK;;; U/A TRN to TRIPLE TRVLR & ROLL;;;;, SURPRISE WHIP [LOD];;

- 17-22 *[Cheek to cheek]* Bk L, rec fwd R comm RF trn; lift L knee up cont RF trn tchg M's L hip to W's R hip, XLIF of R trng LF to fc ptr, in plc R/L, R (Fwd R, fwd L comm LF trn; lift R knee up cont LF trn tchg R hip to M's L hip, XRIF of L trng RF to fc ptr, in plc L/R, L);
[undrm trn] Bk L, raising jnd ld hnds XRIF comm RF trn, sd L/cl R, sd & fwd L trn fc WALL (Fwd R, fwd L, trn LF sd R/XLIF, bk R twd RLOD passing M und jnd hnds trng LF $\frac{3}{4}$ on last stp to fc COH);
[Trpl trvl w/roll] Jng R hnds palm to palm sd chasse R/L, sd & fwd R, pushing w R hnds roll RF fwd L, fwd R cont roll $\frac{1}{2}$ to fc COH jng L hnds palm to palm; Sd chasse L/R, sd L & fwd trng $\frac{1}{2}$ LF chg to R hnds palm to palm, sd chasse R/L, sd & fwd R trng $\frac{1}{2}$ RF chg to L hnds palm to palm; Sd chasse L/R, sd & fwd L pushing lightly w/L hnds, fwd R, fwd L completing a LF roll 1 $\frac{1}{4}$ joining ld hnds to fc ptr & RLOD (Jng R hnds palm to palm sd chasse L/R, sd & bk L, pushing w/R hnds roll RF bk R, bk L cont roll $\frac{1}{2}$ to fc WALL joining L hnds palm to palm; Sd chasse R/L, sd R & bk trng $\frac{1}{2}$ RF chg to R hnds palm to palm, sd chasse L/R, sd & bk L trng $\frac{1}{2}$ RF to L hnds palm to palm; Sd chasse R/L, sd & bk R pushing lightly w/L hnds, bk R trng LF, bk R completing a RF roll 1 $\frac{1}{4}$ joining ld hnds to fc ptr & LOD);
- 23-24 *[Surprise whp]* Bk L, XRIF to W's R sd trng $\frac{1}{4}$ RF to loose CP, swvl $\frac{1}{4}$ RF on R sd L/rec R trng $\frac{1}{4}$ RF, fwd L to CP; Trng upper body strongly R ldg W to trn sharply RF fwd R chkg & stopping W w/R hnd on W's bk to an L-shaped pos, rec bk L raising jnd ld hnds, sm bk R/in plc L, R LOP fcg LOD (Fwd R, fwd L trng $\frac{1}{2}$ RF, bk R/cl L, fwd R to CP; Swvl $\frac{1}{2}$ RF on R bk L, fwd R trn $\frac{1}{2}$ RF und jnd ld hnds, sm bk L/in plc R, L fcg RLOD);

PART B (12 MEAS)

SUGAR TOE HEEL X;; W/ TUCK & SPIN ENDING; ROCK WHIP (FC LN);;

- 1-2 *[Sugar Toe Heel Crosses]* Bk L, bk R to tight BFLY, swivel RF on R tch L toe to R instep, swivel LF on R tch L heel sd & fwd; Swivel RF on R XLIF, swivel LF on L tch R toe to L instep, swivel RF on L tch R heel sd & fwd, swivel LF on L XRIF;
- 3 *[Tuck & Spin Ending]* Swivel RF on R tch L to R, fwd L bracing joined lead hands at waist level lead W to spin RF, anchor R/L, R join lead hands (W tuck in LF tch R to L, trn RF to step away from M fwd R to trn $\frac{1}{2}$ RF to fc ptr, anchor L/R, L) end LOP FCG Pos M fcg LOD;
- 4-6 *[Rk whp]* Bk L, fwd R to W's R sd, sd L trn $\frac{1}{4}$ RF to CP/rec R trng $\frac{1}{4}$ RF, fwd L; W strong RF trn rec fwd R, sd & bk L compl $\frac{1}{2}$ RF trn, cont RF trn rec fwd R, sd & bk L compl $\frac{1}{2}$ RF trn; rec fwd R, fwd L compl $\frac{1}{2}$ RF trn, in plc R/cl L, R (Fwd R, fwd L trng $\frac{1}{2}$ RF, bk R/cl L, fwd R pvt $\frac{1}{2}$ RF; Bk L, rec R pvt $\frac{1}{2}$ RF, Bk L, rec R pvt $\frac{1}{2}$ RF; Bk L, bk R, in plc L/R, L) LOP fcg LOD;

$\frac{1}{2}$ WHIP (to FC RLOD);; PASSNG TUCK & SPIN;;; SUGAR BUMP [LO BFLY];; SAILOR SHUFFLE 2;

- 7 – 12 *[Half Whip]* Bk L, fwd & sd R moving to W's R sd, sd L cont RF trn slightly/ recov fwd R with R sd twd ptr, sd & bk L with R sd still twd ptr to CPR LOD; fwd R, fwd L, anchor R/L, R (W fwd R, fwd L trn RF $\frac{1}{2}$ to SCP, bk R/ cl L, fwd R; bk L, bk R, anchor L/R, L) end fcg RLOD lead hnds joined;
[Passg tuck & spn] Trng $\frac{1}{4}$ LF bk L, rec sd R; tch L leading W to swvl LF, trn LF fwd L fc LOD, in plc R/L, R (Fwd R, fwd L; turn LF sd R/XLIF, trng RF on L fwd R spin RF to fc ptr & RLOD, in plc L/R, L) LOP fcg LOD;
[Sugar bump] Bk L, rec fwd R comm $\frac{1}{4}$ RF trn; lift L knee up cont R trn tchg L hip to W's R hip cont RF trn rolling bottoms, releasing ld hnds fwd L cont RF trn fc (Fwd R, fwd L comm LF trn; lift R knee up cont LF trn tch R hp to M's L hip cont LF trn rolling bottoms, releasing ld hnds fwd R cont LF trn to fc),
[Sailor shffl 2] XLIB/sd R, sd L, XRIB/sd L, sd R (XRIB/sd L, sd R, XLIB/sd R, sd L);

PART A (24 MEAS)

ALTERNATING U/A TRN;;; PASSNG TUCK & SPIN;;; SAILOR SHUFFLE 2;

- 1-3 *[Alternating undrm trn]* Bk L, XRIF to W's R sd raising jnd ld hnds comm RF trn, sd L compl $\frac{1}{4}$ RF trn/cl R, fwd L spn $\frac{3}{4}$ LF und jnd ld hnds to fc; in plc R/L, R (Fwd R, fwd L trn $\frac{1}{4}$ LF und jnd ld hnds, sd R/XLIF trn $\frac{1}{4}$ LF, small bk R; in plc L/R, L) LOP fcg RLOD,
[Passg tuck & spn] Trng $\frac{1}{4}$ LF bk L, rec sd R; tch L leading W to swvl LF, trn LF fwd L fc LOD, in plc R/L, R (Fwd R, fwd L; turn LF sd R/XLIF, trng RF on L fwd R spin RF to fc ptr & RLOD, in plc L/R, L) LOP fcg LOD;
- 4 *[Sailor shffl 2]* XLIB/sd R, sd L, XRIB/sd L, sd R (XRIB/sd L, sd R, XLIB/sd R, sd L);

WHIP w/HND CHG BHND BK;; FC LOOP SUGAR PUSH w/XTRA RK;; U/A TRN, Man's Hook Trn (rt hnds);,,

- 5-6 *[Whp w/hnd chg beh bk]* Bk L, rec fwd & sd R to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc RLOD (Fwd R, fwd L trn RF ½, bk R/cl L, fwd R); XRIBL take ld hnds dwn & beh W's bk chg to R-R hnd hold, trn RF fwd L, in plc R/L, R (Bk L comm RF trn, cont RF trn fwd R trn to fc M, in plc L/R, L) R hndshk pos fcg LOD;
- 7-9.5 *[Fc loop sugar push w/extra rk]* Bk L, bk R raise jnd R hnds ovr M's head to bk of neck L hnd to W's R hip, tap L, fwd L; Rk bk R, rel hnds fwd L ldg W to stp bk, in plc R/L, R (Fwd R, fwd L slight RF trn, tap RIB, bk R; Rk fwd L, rec bk R slide R hnd dwn M's L arm, sm bk L/in plc R, L) LOP fcg LOD; *[Underarm Trn Man's Hook Trn, rt hnds]* Bk L, recov R moving to W's R sd start RF trn, lead W to LF underarm trn as trn triple to fc RLOD L/R, L; hook RIB of L to trn on the spot RF/ L, R to end fcing COH join R hnd to her to R hnd (W fwd R, fwd L start LF trn, trn under lead hnds sd R/ XLIF of R, bk R to fc ptr & LOD; anchor L/R, L),

RT SD PASS w/TUCK & SPIN;;, BCK X PT (2X); WRAPPED WHIP;; LT SD PASS & KBC;;

- 10-11.5 *[R sd pass w/tuck & spn]* Fwd L, rec R ldg W fwd to pass, tch L leading W to swvl LF, fwd L fc LOD; in plc R/L, R (Fwd R, fwd L, swvl LF ¼ on L tch R, trng RF fwd R spin RF to fc M; in plc L/R, L) LOP fcg LOD, *[Back Cross Pts]* XLIB, pt R sd, XRIB, pt L sd; (W XRIF, pt L sd extend R arm, L hand on hip, XLIF, pt R sd extend L arm R hand on hip;)
- 12-16 *[Wrp Whp]* Bk L to join all hnds, raising M's L & W's R hnds above W's head rec R trng ¼ RF, bring M's L & W's R hnds over W's head sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd; XRIB trng RF release M's R & W's L hnds, trng RF to fc LOD sd & fwd L, in plc R/L, R (Fwd R, fwd L, fwd R/cl L, bk R; Bk L, bk R, in plc L/R, L); *[L sd pass ~ Kck/bl chg]* Trng ¼ LF bk L fc COH, cl R, in plc L/R, fwd L trn LF fc RLOD; in plc R/L, R, kck L fwd/in plc L, R (Fwd R, fwd L, fwd R/L, fwd R trng LF; in plc L/R, L, kck R fwd/in plc R, L) LOP fcg RLOD;

CHEEK to CHEEK;;, U/A TRN to TRIPLE TRVLR & ROLL;;;;, SURPRISE WHIP [RLOD];;

- 17-22 *[Cheek to cheek]* Bk L, rec fwd R comm RF trn; lift L knee up cont RF trn tchg M's L hip to W's R hip, XLIF of R trng LF to fc ptr, in plc R/L, R (Fwd R, fwd L comm LF trn; lift R knee up cont LF trn tchg R hip to M's L hip, XRIF of L trng RF to fc ptr, in plc L/R, L); *[undrm trn]* Bk L, raising jnd ld hnds XRIF comm RF trn, sd L/cl R, sd & fwd L trn fc WALL (Fwd R, fwd L, trn LF sd R/XLIF, bk R twd RLOD passing M und jnd hnds trng LF ¾ on last stp to fc COH); *[Trpl trvl w/roll]* Jng R hnds palm to palm sd chasse R/L, sd & fwd R, pushing w R hnds roll RF fwd L, fwd R cont roll ½ to fc WALL jng L hnds palm to palm; Sd chasse L/R, sd L & fwd trng ½ LF chg to R hnds palm to palm, sd chasse R/L, sd & fwd R trng ½ RF chg to L hnds palm to palm; Sd chasse L/R, sd & fwd L pushing lightly w/L hnds, fwd R, fwd L completing a LF roll 1 1/4 joining ld hnds to fc ptr & LOD (Jng R hnds palm to palm sd chasse L/R, sd & bk L, pushing w/R hnds roll RF bk R, bk L cont roll ½ to fc COH joining L hnds palm to palm; Sd chasse R/L, sd R & bk trng ½ RF chg to R hnds palm to palm, sd chasse L/R, sd & bk L trng ½ RF to L hnds palm to palm; Sd chasse R/L, sd & bk R pushing lightly w/L hnds, bk R trng LF, bk R completing a RF roll 1 ¼ joining ld hnds to fc ptr & RLOD);
- 23-24 *[Surprise whp]* Bk L, XRIF to W's R sd trng ¼ RF to loose CP, swvl ¼ RF on R sd L/rec R trng ¼ RF, fwd L to CP; Trng upper body strongly R ldg W to trn sharply RF fwd R chkg & stopping W w/R hnd on W's bk to an L-shaped pos, rec bk L raising jnd ld hnds, sm bk R/in plc L, R LOP fcg RLOD (Fwd R, fwd L trng ½ RF, bk R/cl L, fwd R to CP; Swvlg ½ RF on R bk L, fwd R trn ½ RF und jnd ld hnds, sm bk L/in plc R, L fcg LOD);

END (9+ MEAS)

SUGAR PUSH;;, TUMMY WHIP W/ 2 SWEETHEARTS;;;

- 1 – 5.5 *[Sugar Push]* Bk L, bk R to tight BFLY, tap L fwd, fwd L releasing trail hands; Anchor R/L, R (W fwd R, fwd L w/ slight RF trn to tight BFLY, tap RIB of L, bk R; anchor L/R, L) end LOP FCG Pos M fcg LOD, *[Start Tummy Whip]* Bk L release jnd ld hnds, XR fwd comm RF trn catch W's R hip as she steps past, sd L cont RF trn/cl R comp ½ RF trn, sd & fwd L fc RLOD; *[Sweethearts]* X chk R fwd release hnds, rec L, sd R/cl L, sd R; X chk L fwd no hnds jnd, rec R, comm RF trn sd L/cl R, sd L comp ¼ RF trn; *[Finish Tummy Whip]* XRIB of L trn ¼ RF, fwd L to LOFP, SIP R/L, sm bk R (Fwd R, fwd L, fwd R/cl L, bk R; XLIB, rec R, sd L/cl R, sd L; XRIB, rec L, sd R/cl L, sd R; Bk L, bk R, SIP L/R sm bk L);

SAILOR SHUFFLE 2; TUCK & SPIN (SHK HNDS);,,

6 – 8 [*Sailor Shuffles2*] Ronde L CCW XLIB/small sd R, sd L, ronde R CW XRIB/small sd L, sd R end LOP FCG RLOD; [Tuck & Spin] Bk L, bk R w L shldr slightly bk tucking W in, pt L fwd, fwd L raise jnd ld hnds spin W RF; SIP R/L, sm bk R offering W R hnd (Fwd R, fwd L, draw R to L w slight LF trn, trng ½ RF fwd R spinning RF to fc ptr; SIP L/R, sm bk L end in R to R hndshk),

START LADIES FC LOOP SUGAR PUSH TOG & HOLD;;

9+ [*Fc Loop Sgr Psh w/ Lady FC Loop, &Hold*] Bk L, bk R w slight RF trn plc jnd R hnds over L's head to neck & M's L hnd to W's R hip; Hold;

QUICK CUES

INTRO (8 MEAS)

LOP FCG PTNR, RLOD LD FT, WAIT 2 MEAS;; CHCKN WLKS (2 SLO 4 QK);;
SUGAR PUSH w/XTRA RK;; SD WHIP;;

PART A (24 MEAS)

ALTERNATING U/A TRN;;, PASSNG TUCK & SPIN;;, SAILOR SHUFFLE 2;
WHIP w/HND CHG BHND BK;; FC LOOP SUGAR PUSH w/XTRA RK;; U/A TRN, Man's Hook Trn (rt hnds);,, RT SD PASS w/TUCK & SPIN;;, BCK X PT (2X); WRAPPED WHIP;; LT SD PASS & KBC;;
CHEEK to CHEEK;;, U/A TRN to TRIPLE TRVLR & ROLL;;;;, SURPRISE WHIP [LOD];;

PART B (12 MEAS)

SUGAR TOE HEEL X;; W/ TUCK & SPIN ENDING; ROCK WHIP (FC LN);;
1/2 WHIP (to FC RLOD);; PASSNG TUCK & SPIN;;, SUGAR BUMP [LO BFLY];,, SAILOR SHUFFLE 2;

PART A (24 MEAS)

ALTERNATING U/A TRN;;, PASSNG TUCK & SPIN;;, SAILOR SHUFFLE 2;
WHIP w/HND CHG BHND BK;; FC LOOP SUGAR PUSH w/XTRA RK;; U/A TRN, Man's Hook Trn (rt hnds);,, RT SD PASS w/TUCK & SPIN;;, BCK X PT (2X); WRAPPED WHIP;; LT SD PASS & KBC;;
CHEEK to CHEEK;;, U/A TRN to TRIPLE TRVLR & ROLL;;;;, SURPRISE WHIP [RLOD];;

END (9+ MEAS)

SUGAR PUSH;;, TUMMY WHIP W/ 2 SWEETHEARTS;;;
SAILOR SHUFFLE 2; TUCK & SPIN (SHK HNDS);,,
START LADIES FC LOOP SUGAR PUSH TOG & HOLD;;