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CD: 2006 Beach Bag Musical Productions, CD Title: "Measure Of Blues" (Artist: Denny Martin) Track 7 "634-5789" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 2:31

RHYTHM: West Coast Swing RAL PHASE IV + figures defined by ICBDA & DVIDA

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A-B-A-B-C-A-B-ENDING

MEAS:

INTRODUCTION

1-4 LOP-FCG LOD WAIT 2 MEAS;; QUICK SIDE BREAKS; SLOW SIDE BREAKS:

- 1-2 Wait in LOP-FCG LOD w/ ld ft free;;
 3 {**Quick Side Breaks**} LOP-FCG LOD Stp out L/stp out R, stp in L/stp in R, stp out L/stp out R, stp in L/stp in R (W stp out R/stp out L, stp in R/stp in L, stp out R/stp out L, stp in R/stp in L);
 4 {**Slow Side Breaks**} LOP-FCG LOD Stp out L, stp out R, stp in L, stp in R (W stp out R, stp out L, stp in R, stp in L);
 [Option: replace the timing QQQQ with &S&S]

PART A

1-4 UNDERARM TURN TO CP ~ ROCK REC;; FWD TRIPLES; THROWOUT:

- 1-2 {**Underarm Turn to CP**} LOP-FCG LOD Bk L, fwd & sd R to W R sd raise ld hnds, swvl 1/4 RF to fc WALL sd L/ rec R trn 1/4 RF to fc RLOD, sm fwd L; Swvl 1/4 LF to fc WALL sd R/cl L, sm sd R to CP WALL (W fwd R, fwd L undr ld hnds, swvl 1/8 LF to fc DRW sd & fwd R/XLif to fc wall, bk R to fc LOD; bk L undr bdy/in plc R, in plc L), {**Rock Rec**} trn 1/4 RF rk bk L, rec R to SCP LOD (W rk bk R, rec L);
 3 {**2 Fwd Triples**} SCP LOD Fwd L/cl R, fwd L, fwd R/cl L, fwd R (W Fwd R/cl L, fwd R, fwd L/cl R, fwd L);
 4 {**Throwout**} SCP LOD Fwd & sd L/cl R, fwd & sd L, anchor R/L, R to LOP-FCG LOD (W fwd R/fwd L, fwd R trn 1/2 LF to fc RLOD, anchor L/R, L);

5-8 WRAPPED WHIP;; KICK BALL CHANGE ~ TUCK & SPIN;;

- 5-6 {**Wrapped Whip**} LOP-FCG LOD Bk L to BFLY, rec R trn 1/4 RF, bring ld hnds in & over W head sd L cont RF trn/cl R, sd & fwd L to WRP RLOD (W fwd R, fwd L, fwd R/cl L, bk R); XRib trn RF release trl hnds, sd L trn RF to fc LOD, anchor R/L, R to LOP-FCG LOD (W bk L, bk R, anchor L/R, L);
 7-8 {**Kick Ball Change**} LOP-FCG LOD kick L fwd/take wgt on ball of L, replace wgt on R (W kick R fwd/take wgt on ball of R, replace wgt on L), {**Tuck & Spin**} LOP-FCG LOD bk L, bk R to tight BFLY hnds low; Tch L to R, fwd L raise ld hnds w/ soft pull on trl hnds, anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L slight RF trn to tight BFLY; tch R to L, trn RF undr ld hnds fwd R spin RF to fc M, anchor L/R, L);

PART B

1-3 SUGAR PUSH POINT ~ LEFT SIDE PASS TO HANDSHAKE;;;

- 1-3 {**Sugar Push Point**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L (W fwd R, fwd L, tch R to L, bk R); Cl R/pt L fwd (W cl L/pt R bk), -, [Option: the W can replace tch R, bk R, cl L with kick R, bk R, LXif] {**Left Side Pass to Handshake**} LOP-FCG LOD bk L trn LF, cl R trn LF ld W to M L sd; Fwd L/cl R, fwd L, anchor R/L, R to Handshake fc RLOD (W fwd R, fwd L pass on M L sd; fwd R trn LF/XLif cont LF trn, bk R to fc LOD, anchor L/R, L);

4-8 SUGAR PUSH TO TANDEM ~ RIGHT SIDE PASS FC LOD;;; QUICK SIDE BREAKS; SLOW SIDE BREAKS:

- 4-6 {**Sugar Push to TANDEM**} Handshake fc RLOD Bk L, bk R, tch L to R, fwd L; trn LF R/L, R to TANDEM M in front both fc LOD w/ R hds joined (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Right Side Pass fc LOD**} TANDEM M in front both fc LOD w/ R hds joined fwd L, rec R; Cl L join ld hnds/in plc R, fwd L, anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L; fwd R trn 1/4 LF/XLif trn 1/4 LF, bk R, anchor L/R, L);
 7 {**Quick Side Breaks**} LOP-FCG LOD Stp out L/stp out R, stp in L/stp in R, stp out L/stp out R, stp in L/stp in R (W stp out R/stp out L, stp in R/stp in L, stp out R/stp out L, stp in R/stp in L);
 8 {**Slow Side Breaks**} LOP-FCG LOD Stp out L, stp out R, stp in L, stp in R (W stp out R, stp out L, stp in R, stp in L);
 [Option: replace the timing QQQQ with &S&S]

PART C

1-3 SUGAR PUSH WITH COASTER ~ UNDERARM TURN;;;

- 1-3 {**Sugar Push with Coaster**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; XRib/sm sd L, sm sd R (W fwd R, fwd L, tch R to L, bk R; Bk L/cl R, fwd L), {**Underarm Turn**} LOP-FCG LOD bk L, XRif trn RF; Sd L/cl R, sd & fwd L to fc RLOD, anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L undr ld hnds; fwd R trn LF/XLif cont LF trn, bk R to fc LOD, anchor L/R, L);

4-6 SUGAR PUSH WITH COASTER ~ MAN'S UNDERARM TURN;;;

- 4-6 {**Sugar Push with Coaster**} LOP-FCG RLOD Bk L, bk R, tch L to R, fwd L; XRib/sm sd L, sm sd R (W fwd R, fwd L, tch R to L, bk R; Bk L/cl R, fwd L), {**Man's Underarm Turn**} LOP-FCG RLOD bk L, fwd R trn 1/4 RF undr ld hnds; Sd L trn 1/4 RF/fwd R, fwd L, anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L trn 1/4 LF; sd R/Xlif trn 1/4 LF, bk R, anchor L/R, L);

7-9 SUGAR PUSH WITH COASTER ~ UNDERARM TURN;;;

- 7-9 Repeat meas 1-3;;;;

10-12 SUGAR PUSH WITH COASTER ~ MAN'S UNDERARM TURN;;;

- 10-12 Repeat meas 4-6;;;;

ENDING

1-3 SUGAR PUSH ~ LEFT SIDE PASS;;;

- 1-3 {**Sugar Push**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; Anchor R/L, R (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Left Side Pass**} LOP-FCG LOD bk L trn LF, cl R trn LF ld W to M L sd; Fwd L/cl R, fwd L, anchor R/L, R to LOP-FCG RLOD (W fwd R, fwd L pass on M L sd; fwd R trn LF/XLif cont LF trn, bk R to fc LOD, anchor L/R, L);

4-6 UNDERARM TURN FC LOD ~ UNDERARM TURN TO CP;;;

- 4-6 {**Underarm Turn fc LOD**} LOP-FCG RLOD Bk L, XRif trn RF, sd L/cl R, sd & fwd L to fc RLOD; Anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L undr ld hnds, fwd R trn LF/XLif cont LF trn, bk R to fc RLOD; Anchor L/R, L), {**Underarm Turn to CP**} LOP-FCG LOD bk L, fwd & sd R to W R sd raise ld hnds; Swvl 1/4 RF to fc WALL sd L/rec R trn 1/4 RF to fc RLOD, sm fwd L, swvl 1/4 LF to fc WALL sd R/cl L, sm sd R to CP WALL (W fwd R, fwd L undr ld hnds; swvl 1/8 LF to fc DRW sd & fwd R/Xlif to fc wall, bk R to fc LOD, bk L undr bdy/in plc R, in plc L);

7-8 ROCK REC & 3 POINT STEPS;;;

- 7-8 {**Rock Rec**} trn 1/4 RF Rk bk L, rec R to SCP LOD (W rk bk R, rec L), {**3 Point Steps**} SCP LOD pt L fwd with outsd edge of ft in contact with floor look to LOD, fwd L; Pt R thru with outsd edge of ft in contact with floor look to RLOD, fwd R, pt L fwd with outsd edge of ft in contact with floor look to LOD, fwd L;

AB ABC AB

	WAIT QUICK SIDE BREAKS	WAIT SLOW SIDE BREAKS
A	UNDERARM TURN TO CP <ROCK REC FWD TRIPLES WRAPPED WHIP KICK BALL CHANGE	---- THROWOUT ---- <TUCK & SPIN
B	SUGAR PUSH POINT <LEFT SIDE PASS HANDSHAKE ---- QUICK SIDE BREAKS	---- SUGAR PUSH TO TANDEM <RIGHT SIDE PASS FC LOD SLOW SIDE BREAKS
C	SUGAR PUSH WITH COASTER <UNDERARM TURN ---- SUGAR PUSH WITH COASTER <UNDERARM TURN ----	---- SUGAR PUSH WITH COASER <MAN'S UNDERARM TURN SUGAR PUSH WITH COASTER <MAN'S UNDERARM TURN
END	SUGAR PUSH <LEFT SIDE PASS ---- ROCK REC 3 POINT STEPS	---- UNDERARM TURN FC LOD <UNDERARM TURN TO CP ----

4-4 634-5789 (ROSS)
(LOP-FCG LOD LEAD FOOT FREE)