

ABILITY TO SWING

Released May 2019

CHOREO: Bill and Maxine Ross, 19 Castleton Court, Fredericton, NB, Canada E3B 6H3

(506) 455-6538, e-mail: bmross@nbnet.nb.ca web page <http://billmaxineross.com>

CD: 1994 GRP Records Inc., CD Title; "That Secret Places" (Artist: Patti Austin) Track 2 "Ability To Swing" or download from internet site such as I Tunes

FOOTWORK: Opposite unless noted (Woman's footwork in parentheses) Time: 4:49 Fade Out Music at 3:18

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

DEGREE OF DIFFICULTY: AVERAGE

SEQUENCE: INTRO-A(3-16)-B-B-C-B-C-A-C-B-ENDING

MEAS:

INTRODUCTION

1-2 LOP-FCG LOD WAIT 2 MEAS:::

- 1-2 Wait in LOP-FCG LOD w/ ld ft free;; [since there is no Intro to the music the first time you wait 2 measures and start Part A in measure 3]

PART A

1-4 QUICK SIDE BREAKS; SLOW SIDE BREAKS; TURNING BASIC ~ ROCK REC:::

- 1 {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);
- 2 {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]
- 3-4 {Turning Basic} LOP-FCG LOD Bk L, fwd & sd R to W R sd place R hnd on W back, swvl 1/4 RF to loose CP sd L/rec R trn 1/4 RF, sm fwd L to CP RLOD; bk R undr bdy/in plc L, in plc R to SCP RLOD (W fwd R, fwd L trn 1/2 RF to fc LOD, bk R/cl L, fwd R between M feet; swvl 1/4 RF to fc WALL sd L/cl R trn 1/4 RF fc RLOD, bk L undr bdy), {Rock Rec} SCP RLOD rk bk L, rec R (W rk bk R, rec L);

5-8 THROWOUT; SUGAR PUSH WITH COASTER ~ TURNING BASIC:::

- 5 {Throwout} SCP RLOD Fwd & sd L/cl R, fwd & sd L, anchor R/L, R to LOP-FCG RLOD (W fwd R/fwd L, fwd R trn 1/2 LF to fc RLOD, anchor L/R, L);
- 6-8 {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), {Turning Basic} LOP-FCG RLOD bk L, fwd & sd R to W R sd place R hnd on W back; Swvl 1/4 RF to loose CP sd L/rec R trn 1/4 RF, sm fwd L to CP LOD, bk R undr bdy/in plc L, in plc R to SCP LOD (W fwd R, fwd L trn 1/2 RF to fc RLOD; bk R/cl L, fwd R between M feet, swvl 1/4 RF to fc COH sd L/cl R trn 1/4 RF fc LOD, bk L undr bdy);

9-12 ROCK REC & SWIVEL 2; 4 POINT STEPS::; 2 FWD TRIPLES;

- 9 {Rock Rec & Swivel 2} SCP LOD Rk bk L, rec R, fwd L in front of R, fwd R in front of L (W rk bk R, rec L, fwd R in front of L, fwd L in front of R);
- 10 {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;
- 11 {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;
- 12 {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);

13-16 THROWOUT; UNDERARM TURN TO L ~ RIGHT SIDE PASS:::

- 13 {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);
- 14-16 {Underarm Turn to L} LOP-FCG LOD Bk L, XRif trn RF, sd L/cl R, sd L to handshake M fc WALL; In plc R/L, R (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), {Right Side Pass} L position M fc WALL W fc LOD w/ R hds joined sd & fwd L, rec R; Fwd L to fc LOD join ld hnds/cl 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);

PART B

1-3 TUCK & SPIN ~ MAN'S UNDERARM TURN:::

- 1-3 {Tuck & Spin} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L lead W's spin; Anchor R/L, R to LOP-FCG LOD (W fwd R, fwd L, tch R to L, trn RF fwd R spin RF to fc M; Anchor L/R,L), {Man's Underarm Turn} LOP-FCG LOD 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 RLOD (W fwd R, fwd L trn 1/4 LF; sd R/Xlif trn 1/4 LF, bk R, anchor L/R, L);

PART B (cont.)

4-6 SUGAR PUSH POINT ~ UNDERARM TURN:::

- 4-6 {**Sugar Push Point**} LOP-FCG RLOD 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] {**Underarm Turn**} LOP-FCG RLOD bk L trn RF, fwd R trn RF; Fwd L/cl R, fwd L, 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);

7-9 UNDERARM TURN TO CP ~ OPPOSITION BREAK & THROWOUT:::

- 7-9 {**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), {**Opposition Break to Throwout**} CP WALL sd L, rec R (W trn 1/4 RF to fc LOD bk R, rec L); Trn 1/4 LF bk L/in plc R, sm 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);

PART C

1-5 WRAPPED WHIP::; SUGAR PUSH TO TANDEM ~ RIGHT SIDE PASS::;

- 1-2 {**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);
- 3-5 {**Sugar Push to TANDEM**} LOP-FCG LOD Bk L, bk R, tch L to R, fwd L; trn LF R/L, R to TANDEM M in front both fc RLOD w/ R hds joined (W fwd R, fwd L, tch R to L, bk R; Anchor L/R, L), {**Right Side Pass**} TANDEM M in front both fc RLOD 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 RLOD (W fwd R, fwd L; fwd R trn 1/4 LF/XLif trn 1/4 LF, bk R, anchor L/R, L);

6-8 SUGAR PUSH ~ LEFT SIDE PASS::;

- 6-8 {**Sugar Push**} LOP-FCG RLOD 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 RLOD 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 LOD (W fwd R, fwd L pass on M L sd; fwd R trn LF/XLif cont LF trn, bk R to fc RLOD, anchor L/R, L);

ENDING

1-4 SLOW SIDE BREAKS; QUICK SIDE BREAKS; 4 SAILOR SHUFFLES::;

- 1 {**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]
- 2 {**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);
- 3 {**Sailor Shuffles**} LOP-FCG LOD Drop hnds XLib/sdR, sd L, XRib/sd L, sd R (W XRib/sd L, sd R, XLib/sd R, sd L);
- 4 {**Sailor Shuffles**} XLib/sdR, sd L, XRib/sd L, sd R (W XRib/sd L, sd R, XLib/sd R, sd L);

WAIT

WAIT

| | | |
|---|--|---|
| A | QUICK SIDE BREAKS TURNING BASIC <ROCK REC & THROWOUT ---- | SLOW SIDE BREAKS ---- SUGAR PUSH WITH COASTER <TURNING BASIC |
|---|--|---|

| | |
|---|--|
| ROCK REC & SWIVEL 2 ---- THROWOUT ---- | 4 POINT STEPS 2 FWD TRIPLES UNDERARM TURN TO L <RIGHT SIDE PASS |
|---|--|

| | | |
|---|--|--|
| B | TUCK & SPIN <MAN'S UNDERARM TURN ---- UNDERARM TURN TO CP <OPPOSITION BREAK & THROWOUT | ---- SUGAR PUSH POINT <UNDERARM TURN ---- |
|---|--|--|

| | | |
|---|--|---|
| C | WRAPPED WHIP SUGAR PUSH TO TANDEM <RIGHT SIDE PASS ---- | ---- ---- SUGAR PUSH <LEFT SIDE PASS |
|---|--|---|

| | | |
|-----|---------------------------------------|---------------------------|
| END | SLOW SIDE BREAKS 4 SAILOR SHUFFLES | QUICK SIDE BREAKS ---- |
|-----|---------------------------------------|---------------------------|

R4-6 ABILITY TO SWING (ROSS)
 (LOP-FCG LOD LEAD FOOT FREE)
 (FADE OUT MUSIC AT 3:18)