

CAKE BY THE OCEAN

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(With choreography assistance from Ree Martin)
Music: "Cake By The Ocean [Clean]", Artist: DNCE (music has been edited)
Rhythm/Phase: West Coast Swing, Phase VI Tempo: Slow to 25mpm (38.2rpm in DanceMaster)



Sequence: **INTRO A B INT1 A B C INT2 B ENDING** Released: January, 2018

INTRO

1 - 4 WAIT 2 MEAS;; SLOW SIDE BREAKS; SLOW IN/IN OUT/OUT;

- 1-2. In LOP FCG POS LOD wt 2 meas;;
&1-&3- 3. **{Slow Sd Brks}** Keeping ld hnds jnd sd L/sd R,-,together L undr L hip/cl R to L,-;
&1-&3- 4. **{Slow In/In Out/Out}** Lifting slightly stp fwd L twd ptr/cl R to L,-,lifting slightly stp bk L awy from ptr/cl R to L to LOP FCG POS LOD,-;

PART A

1 - 4 WHIP WITH HAND CHANGE BEHIND THE BACK;; START L PASS TO VARS RLOD; (KEEP BOTH HANDS) TURN HER UNDER RF TO FACE;

- 123&4 1-2. **{Whp w/ Hnd Chg Bhd Bk}** Bk L, rec R acrs L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R arm bhd her bk (W fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to mom CP RLOD;
123&4 Using R hnd take W's R hnd bhd her back trng ½ RF XRib of L, fwd & sd L, bk to anchor R/L, R (W fwd L trng RF, fwd R completing 1½ RF trn to fc M, bk to anchor L/R, L) to end fcg ptr & LOD w/ R hnds jnd;
123&4 3. **{Start L Pass to VARS}** Bk L trng ¼ LF, bk R twd WALL, keeping jnd R hnds low sip L/R, trng ¼ LF stp fwd L RLOD (W fwd R, L, make one full LF trn R/L, R keeping jnd R hnds low until end of trn) bringing jnd R hnds up and jng L hnds to VARS POS RLOD;
123&4 4. **{Trn Her Undr to Fc}** Keeping all hnds jnd thru this meas stp fwd R RLOD, sm fwd L while raising jnd L hnds to ld W to trn undr RF, anchor R/L, R (W fwd RLOD L, fwd R trng ½ RF undr jnd L hnds, anchor L/R, L) to end fcg ptr & RLOD w/ jnd L hnds ovr jnd R hnds;

5 - 8 WINDOW WHIP;; START A STRAIGHT WHIP; WITH STOP & GO EXIT (JOIN LEAD HANDS);

- 123&4 5-6. **{Window Whp}** [Note: The footwork for this figure is the same as that of an Insd Whp w/ an Outsd Trn, but all the hnds stay jnd throughout in order to create a series of windows] Bk L comm to raise jnd L hnds for W to pass undr, rec R acrs L comm RF trn leading W undr jnd L hnds then raise jnd R hnds ovr her hd, cont RF trn sd & fwd L/rec R, sd & fwd L (W fwd R, L trng ½ LF undr jnd L hnds then bring jnd R hnds up ovr her hd, bk R/cl L to R, fwd R) to end fcg ptr & LOD w/ jnd R hnds high and jnd L hnds low;
123&4 Trng ½ RF XRib of L taking jnd R hnds ovr W's hd, fwd & sd L while lowering jnd R jnds and taking jnd L hnds ovr W's hd, bk to anchor R/L, R (W fwd L trng RF undr jnd R hnds, fwd R taking jnd L hnds ovr W's hd while completing 1½ RF trn, bk to anchor L/R, L) bringing jnd L hnds dwn to end M fcing ptr & RLOD w/ jnd L hnds stacked ovr jnd R hnds;
123&4 7. **{Start Straight Whp}** Bk L, rec R acrs L comm RF trn while raising jnd L hnds to allow W to pass undr them, cont RF trn sd & L/rec R, sd & fwd L (W fwd R, fwd L undr L hnds, fwd R/cl L to R, bk R) to VARS POS LOD;
123&4 8. **{Stop & Go Exit}** Keeping all hnds jnd trn upper bdy RF and ck fwd LOD R acrs L while raising jnd R hnds and lowering jnd L hnds low while looking bk at W, rec L to fc LOD releasing jnd L hnds, lower jnd R hnds and use them to ld W to mv bk twd LOD anchor R/L, R (W rk bk L, rec R commencing RF trn, mv twd LOD while trng ½ RF stepping sd LOD L/XRif of L, sd & bk L) joining ld hnds to LOP FCG POS LOD;

9 - 12 START AN UNDERARM TURN; WITH MERENGUE APART 3 & SWIVEL POINT TO FACE; SUGAR TUCK AND BOTH ROLL TO FACE;;

- 123&4 9. **{Start Undrm Trn}** Bk L, rec R acrs L comm RF trn leading W undr jnd ld hnds, cont RF trn sd & fwd L/rec R, sd & fwd L (W fwd R, L comm LF trn undr jnd ld hnds, cont LF trn sd R/XLif of R, sd & bk R) to LOP FCG POS RLOD;

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- 123- 10. **{With Merengue Apt 3 & Swvl Pt to Fc}** Trng ¼ RF (W LF) to LOP POS COH use Merengue action and sld apt stepping sd R LOD (W twd RLOD), cl L to R, sd R softening in knee and keeping ld hnds jnd, swvl LF (W RF) to fc ptr while straightening R leg and pt L twd ptr to LOP FCG POS RLOD;
- 12-4 11-12. **{Sugar Tuck & Bth Roll}** Bk L, almost cl R to L, tch L tucking W in, fwd L comm 3 stp full LF roll twd RLOD (W fwd R, L, tch R tucking in twd M, trng ½ RF thru hips rel jnd hnds and stp fwd R twd RLOD comm 3 stp 1½ RF roll twd RLOD;
- 123&4 Cont LF roll twd RLOD R, L to end fcg ptr & RLOD, anchor R/L, R (W cont RF roll twd RLOD L, R to fc M, anchor L/R, L);

**13 - 16 START AN UNDERARM TURN: WITH MERENGUE APART 3 & SWIVEL POINT TO FACE:
TUMMY WHIP WITH W'S ROLL R AND FREE SPIN TO FACE::**

- 13-14. Rpt meas 9-10 of PART A w/ all facing directions reversed;;
- 123&4 15-16. **{Tummy Whp w/ W's Roll R & Free Spn to Fc}** Bk L, rec R acrs L comm RF trn, placing R hnd on W's R hip releasing jnd ld hnds cont RF trn sd & fwd L/rec R, sd & fwd L placing L hnd on W's L hip (W fwd R, L, fwd R/cl L to R, bk R) to end w/ M on W's L sd both fcng RLOD and both M's hnds on W's hips;
- 123&4 Comm ½ RF trn XRib of L tugging slightly on W's R hip leading her to roll R, fwd & sd L, bk anchor R/L, R (W bk L comm 1 full RF roll, fwd R cont RF roll, cont another full RF spn L/R, L) to LOP FCG POS LOD; [Note: W can replace the spn w/ an anchor]

PART B

1 - 4 START A SIDE WHIP ~ AND TURN TO RT HAND STAR FOR SHORT TRIPLE TRAVEL AND ROLL:::

- 12-- (123&4) 1-4. **{Start a Sd Whp}** Bk L, rec R acrs L comm RF trn, cont slight RF trn pt L sd twd LOD, hold (W fwd R twd M's R sd, fwd L trng ½ RF, bk R/cl L to R, fwd R);
- 1- (12) **{And Trn to RH Star}** Shifting wgt to L using strong press line, cont to ld W fwd while transferring full wgt to L ft and trng 1/8 LF jng R hnds to comm Trpl Trav figure (W fwd L, fwd R trng 5/8 LF) to RH STAR POS w/ M fcg DLC and W fcg DRW,
- 3&4 **{Short Trpl Trav & Roll}** Mv dwn LOD sd R/cl L to R, sd R trng ¼ RF;
- 123&4 Sd L trng ½ RF, sd R trng ½ RF to LH STAR POS M fcng DLW (W fcng DRC), mv dwn LOD sd L/cl R to L, sd L trng ¼ LF;
- 123&4 Sd R trng ½ LF, sd L trng 3/8 LF to fc ptr & LOD, anchor R/L, R to LOP FCG POS LOD;

5 - 8 SCOOP SUGAR PUSH (3 SCOOPS) ~ WITH LADY'S SWITCH BACKS:::

- 12-4& 5-8. **{Scoop Sugar Push}** Bk L, sm bk R to tight BFLY, pt L fwd w/ L shldr ld, soften R knee fwd L w/ scooping action/cl R (W fwd R, fwd L, tap R bhd L, soften L knee bk R w/ scooping action/cl L);
- 2&-4& Pt L fwd w/ L shldr ld, soften R knee fwd L w/ scooping action/cl R, pt L fwd w/ L shldr ld, soften R knee fwd L w/ scooping action/cl R (W pt R bk, soften L knee bk R w/ scooping action/cl L, pt R bk, soften L knee bk R w/ scooping action/cl L);
- 2 Pt L fwd w/ L shldr ld, fwd L (W pt R bk, bk R),
- &-&- **{Lady's Swch Bks}** On & of prev bt rel M's R & W's L hnds and cl R to L/pt L ft sd twd COH while trng upper bdy slightly RF and pushing low jnd ld hnds fwd to cause W to trn LF, on & ct of prev bt cl L to R/pt R ft sd twd WALL while trng upper bdy slighty LF and pulling low jnd ld hnds to cause W to trn RF (On & ct of prev meas W cl L to R trng ¼ LF to fc WALL while keeping ld hnds low/pt R ft sd between M's feet, on & ct of prev bt cl R to L trng ¼ RF to fc ptr/pt L ft sd twd WALL) to LOP FCG POS LOD;
- &-23&4 On & ct of prev bt cl R to L/pt L ft sd twd COH while trng upper bdy slighty RF and pushing low jnd ld hnds fwd to cause W to trn LF, cl L to R pulling low jnd ld hnds to cause W to trn RF to fc M, anchor R/L, R (On & ct of prev bt W cl L to R trng ¼ LF to fc WALL while keeping ld hnds low/pt R ft sd between M's feet, cl R to L trng ¼ RF to fc ptr, anchor L/R, L) to LOP FCG POS LOD; [Note: Ld hnds stay jnd throughout the Swch Bks and M's free R hnd stays extended to sd while W's free L hnd is placed on her L hip]

INTERLUDE 1

1 - 2 SLOW SIDE BREAKS; SLOW IN/IN OUT/OUT;

- 1-2. Rpt meas 3-4 of INTRO;;

PART C

- 1 - 8 WHIP WITH OUTSIDE TURN;; FOREARM SPIN ~ SUGAR TUCK AND TWIRL WITH M'S HOOK TURN ~ RT SIDE PASS WITH INSIDE TURN (JOIN LEAD HANDS) ~ SUGAR PUSH;:::;**
- 123&4 1-2. **{Whp w/ Outsd Trn}** Bk L, rec R acrs L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (W fwd R, L trng ½ RF, bk R/cl L to R, fwd R) to CP RLOD;
 123&4 Trng ½ RF XRib of L, fwd & sd L, bk to anchor R/L, R (W fwd L trng RF undr jnd ld hnds, fwd R completing 1½ RF twrl to fc M, bk to anchor L/R, L) to LOP FCG POS LOD;
- 12-4; 5&6 (123&4; 5&6) 3-5. **{Forearm Spn}** Bk L, rec R acrs L comm RF trn taking W's R forearm in M's R hnd, pt L ft sd ld W to spn RF then rel R hnd, fwd L onto the slot trng RF to fc RLOD; Anchor R/L, R (W fwd R, fwd L passing M's R sd, cont sm fwd twd RLOD R/L, R comm 1½ free RF spn on last stp; Cont free RF spn L/R, L) to LOP FCG POS RLOD,
 12-4; 5&6 **{Sugar Tuck & Twrl w/ M's Hk Trn}** Bk L, bk R; Tch L tucking W in, fwd L raising jnd ld hnds for W's twrl, XRib of L commencing RF trn while joining R hnds bhd M's bk/sip L, XRif of L (W fwd R, fwd L; Tch R tucking in twd M, trng ½ RF thru hips undr jnd ld hnds stp fwd R twd RLOD trng another ½ RF to fc LOD, anchor L/R, L) to end M fcg Wall and W fcg LOD w/ R hnds jnd;
- 123&4; 5&6 6-8. **{Rt Sd Pass w/ Insd Trn}** Keeping R hnds jnd soft lunge fwd & sd L leading W fwd, rec R, sip L/R leading W for LF trn undr jnd R hnds, fwd L twd W in slot placing W's R hnd in M's L hnd; Bk to anchor R/L, R (W fwd R, L, fwd R comm LF trn/cl L to R cont LF trn, bk R completing 1 ½ LF trn; Bk to anchor L/R, L) to LOP FCG POS LOD,
 12-4; 5&6 **{Sugar Push}** Bk L, almost cl R to L; Pt L fwd, fwd L, bk to anchor R/L, R (W fwd R, L; Tap R bhd L, bk R, bk to anchor L/R, L) to LOP FCG POS LOD;

INTERLUDE 2

- 1 - 4 SLOW SIDE BREAKS; SLOW IN/IN OUT/OUT; SLOW SIDE BREAKS; QUICK CHICKEN WALK 4;**
- 1-2. Rpt meas 3-4 of INTRO;;
 3. Rpt meas 3 of INTRO;
 1234 4. **{Qk Chkn Wik 4}** Bk L, R, L, R (W fwd toeing out R, L, R, L);

ENDING

- 1 - 3 FOREARM SPIN ~ SUGAR TUCK AND TWIRL WITH M'S HOOK TURN;::;**
 1-3 Rpt meas 3-5 of PART C;;;
- 4 - 8 R SIDE PASS WITH INSIDE TURN (JOIN LEAD HANDS); ROCK WHIP ~ WITH DOUBLE RONDE ~ AND INSIDE TURN TO WRAP WALL ~ PRESS L FOOT;::: -**
- 123&4; 567&8; 4-8 **{Rt Sd Pass w/ Insd Trn}** Rpt meas 6 - 6.5 of PART C; -,-,
{Rk Whp} Bk L, rec R acrs L comm RF trn; Cont RF trn sd & fwd L/rec R, sd & fwd L (W fwd R, L trng RF; Bk R/cl L to R, fwd R) to CP M COH, trng RF strongly on L fwd R LOD between W's feet, cont RF trn to rec L twd COH; Cont RF trn fwd R RLOD between W's feet, rec L to CP RLOD,
 1-34 (1-34&); 56- **{W/ Dbl Ronde & Insd Trn to WRP WALL & Press}** Lower and stp fwd R strongly between W's feet trng ¼ RF and ronde L ft CW (W lower and stp fwd L arnd M's R leg and ronde R leg CW),-;
 Circ ½ RF arnd W while leading her to trn LF undr jnd ld hnds stepping fwd L, R, L to fc WALL in WRP POS, sm bk twd COH R (W bk R, make ½ LF trn undr jnd ld hnds stepping sd & fwd L to fc WALL/sd RLOD R to WRP POS WALL, cl L to R, sm bk twd COH R);
 On & ct both press L ft fwd twd WALL,