

I FEEL LUCKY 4

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Music : I Feel Lucky - Mary Chapin Carpenter / "The Essential Mary Chapin Carpenter" Track #5
Amazon Download https://www.amazon.com/dp/B006P4CXWS/ref=dm_ws_tlw_trk5
Rhythm : West Coast Swing Speed: 41.4 rpm (-8% in DM)
Phase : 4 + 2 (Triple Traveler, Whip Turn) average difficulty
Footwork : Opposite Except where noted release : Jul 2020

Seq - Intro , A B , Br , A B C , A , B (Mod) , B , End

Intro - Lop / L -

1-4 **Wait 2 ; ; Sugar Push Lady Kick ~ Kick Ball Change ; ;**

Wait 2 meas ; ;

12-4 5&6 {Sugar Push Lady Kick} (Lop Fcg / LOD) Bk L, bk R, tap L, fwd L (Fwd R, fwd L, kick R across left outside man, bk R), anchor step R/L, R ;

-&8 {Kick Ball Change} Kick L fwd/cl L on ball of ft, in plc R (kick R fwd/cl R on ball of ft, in plc L) ;

5-8 **Wrapped Whip ; ; Sailor Shuffles count 4 ; ;**

123&4 {Wrapped Whip} (Lop Fcg / LOD) Bk L dbble handhold, fwd R trng RF raise jnd lead hnds over W's head M, sd L cont RF trn /cl R, sd & fwd L lower hnds to loose wrapped pos at W's waist man to W's left sd (Fwd R, fwd L, fwd R/cl L, bk R) ;

123&4 XRIBL trng RF release jnd ld hands, sd & fwd L trng RF to fc ptrn, anchor R/ L, R (Bk L, bk R, anchor L/R, L) Lop Fcg / LOD ;

1&23&4 {Sailor Shuffles count 4} (Log Fcg / LOD) XLIBR/sd R, sd L, XRIBL/sd L, sd R ;

1&23&4 XLIBR/sd R, sd L, XRIBL/sd L, sd R ;

A - Lop Fcg / LOD -

1-3 **Tuck and Spin ~ Left Side Pass Man turn left shake hands ; ; ;**

12 - 4 1&2 {Tuck and Spin} (Lop Fcg / LOD) Bk L, bk R bring lead hand in to left shldr lead lady to W Rt sd lead fwd, tap L to R w/ left shldr back slightly, fwd L w/ left sd lead to lead W's RF spin rel lead hnds (W fwd R, fwd L, tap Rib of L, bk R spinning RF full trn to fc M); Join ld hnds anchor R/L, R,

34 1&2 3&4 {Left Side Pass Man turn left shake hands} (Lop Fcg / LOD) Bk L comm 1/8 LF trn, sm bk R 1/8 LF trn out of slot; Lead W to pass sd L/cl R, trng 1/4 LF fwd L, trng LF 1/4 sd R/cl L, fwd R join Rt hands in Tandem / LOD (Fwd R, fwd L; fwd R/cl L, fwd R trng 1/2 LF, anchor L/R, L) ;

4-6 **Right Side Pass join lead hands ~ Under Arm Turn ; ; ;**

123&4 1&2 {Right Side Pass join lead hands} (Tandem / LOD) Fwd L, rec bk R leading W to pass M's rt side, small fwd L/cl R, fwd L; Anchor R/L, R,

(Fwd R, fwd L comm LF trn, Fwd R /fwd L, fwd R trng 1/2 LF; Anchor L/R, L) (Lop Fcg / LOD)

34 1&2 3&4 {Under Arm Turn} (Lop Fcg / LOD) Bk L raising lead hnds lead W to pass M's Rt sd, fwd L to W's Rt side comm RF trn ; Sd L/cl R, sd & fwd L finish RF trn, anchor R/L, R (Fwd R, fwd L trng LF; Sd R cont LF trn/XLIFR, bk R finish 1/2 LF trn, anchor L/R, L) (Lop Fcg / RLOD) ;

7-8 **Tuck and Twirl ~ Kick Ball Change ; ;**

12-4 5&6 {Tuck and Twirl} (Lop Fcg / RLOD) Bk L, bk R bring lead hand in to left shldr lead lady to W Rt sd lead fwd, tap L to R w/ left shldr back slightly, fwd L w/ left sd lead to lead W's RF twirl (Fwd R, fwd L, tap R, bk and sd R trng RF(twirl) 1/2 to fc ptrn) ; Anchor R/L, R (Lop Fcg / RLOD) ,

-&8 {Kick Ball Change} Kick L fwd/cl L on ball of ft, in plc R (kick R fwd/cl R on ball of ft, in plc L) ;

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9-12 Whip Turn ; ; Chicken Walk 2s4q ; ;

123&4 {Whip Turn} (Lop Fcg / RLOD) Bk L, XRIFL moving twd R sd of W blend loose CP swivel

123&4 1/4 RF on R, sd L/rec R trng 1/4 RF, fwd L CP ; XRIBL comm RF trn, sd & fwd L comp
1/2 RF trn, anchor R/L, R (Fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R btwn M's ft to CP ;
On R swvl sharply 1/2 RF bk L, bk R, anchor L/R, L) (Lop Fcg / RLOD) ;

SS {Chicken Walk 2s4q} Bk L, - , bk R, - (W swvl RF on L/fwd R, - , swvl LF on R/fwd L, -) ;

qqqq Bk L, R, L, R (swvl RF on L/fwd R, swvl LF on R/fwd L, swvl RF on L/fwd R, swvl LF on R/fwd L) ;

B - Lop Fcg / RLOD -

1-4.5 Under Arm Turn into Triple Travel and Rolls ; ; ; ; ;

123&4 {Under Arm Turn into Triple Travel and Rolls} (Lop Fcg / RLOD) Bk L, XRIFL moving off track,
trng RF trpl in plc L/R, L raising jnd ld hnds while trng W LF (W fwd R, fwd L, trng LF under jnd ld
hnds stp fwd and sd R/XLIFR, sd & bk R) to end in a R hnd star w/ M fcg COH (W fcg Wall) ;

1&234 Chasse sd R/cl L, sd R releasing hnds on last stp both trng 1/2 RF to fc Wall (W fc COH), sd L
both roll 1/2 RF M fc COH (W fc Wall), sd R both cont to roll 1/2 RF to fc Wall (W fc COH) joining L
hnds in L hnd star;

1&23&4 Chasse sd L/cl R, sd L release hnds on last stp both trng 1/2 LF M fc COH (W fc Wall) join R hnds in
Rt hnd star, chasse sd R/cl L, sd R release hnds on last stp both trng 1/2 RF to fc Wall (W fc COH)
join L hnds in L hnd star;

1&234 Chasse sd L/cl R, sd L release hnds on last stp bth trng 1/2 LF M fc COH (W fc Wall), sd R
bth roll 1/2 LF M fc Wall (W fc COH), sd L bth cont roll to end in Lop Fcg / LOD ;

1&2 Anchor R/L, R ,

4.5-8 Left Side Pass Tuck and Spin , ; ; Side Break 2s4q ; ;

34 {Left Side Pass Tuck and Spin} (Lop Fcg / LOD) Bk L comm trng LF, bk R trng LF 1/4
(W fwd R, fwd L trng slightly LF twds M) ;

-2 3&4 tch L tucking W in, trng LF sd and fwd L lead W to RF spin 1/2, anchor R/L, R joining ld hnds
tap R, trng RF through hips fwd R trng RF 1/2 to fc M, W anchor L/R, L) (Lop Fcg / RLOD) ;

&1- &3- {Side Break 2s4q} (Lop Fcg / LOD) Keep lead hnds jnd trail hds on hip sd L/sd R, - , tog L/cl R to L, - ;
&1&2&34 Sd L/sd R, tog L/cl R to L, sd L/sd R, tog L/cl R to L Lop Fcg / LOD ;

Br - Lop Fcg / RLOD -

1-4 Wrapped Whip ; ; Sailor Shuffles count 4 ; ;

123&4 {Wrapped Whip} (Lop Fcg / RLOD) Bk L dbl handhold, fwd R raise jnd lead hnds over
W's head M trng RF, sd L cont RF trn /cl R, sd & fwd L lower hnds to loose wrapped pos
at W's waist man to W's left sd (Fwd R, fwd L, fwd R/cl L, bk R) ;

123&4 XRIBL trng RF release jnd ld hands, sd & fwd L trng RF to fc LOD, anchor R/ L, R
(Bk L, bk R, anchor L/R, L) (Lop Fcg / RLOD) ;

1&23&4 {Sailor Shuffles count 4} (Log Fcg / LOD) XLIBR/sd R, sd L, XRIBL/sd L, sd R ;

1&23&4 XLIBR/sd R, sd L, XRIBL/sd L, sd R (Lop Fcg / RLOD) ;

repeat A fcg RLOD / repeat B fcg LOD

C - Lop Fcg / LOD -

1-3 Sugar Push ~ Mans Under Arm Turn ; ; ;

12-4 5&6 {Sugar Push} (Lop Fcg / LOD) Bk L, bk R, tap L, fwd L; Anchor Step R/L, R (Lop Fcg / LOD),

12-4 5&6 {Mans Under Arm Turn} (Lop Fcg / LOD) Bk L, fwd and sd R twd W's L sd raising jnd ld hnds
comm RF trn; Sd L cont trn under jnd lead hds / bk and sd R finish 1/2 RF trn, fwd L, anchor R/L, R

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(Fwd R, fwd L comm LF trn; Sd R cont trn / XLIFR cont trn, bk R finish 1/2 LF trn, anchor L/R, L,)
(Lop Fcg / RLOD) ;

4-6 Left Side Pass ~ Tuck and Twirl ; ; ;

123&4 5&6 {Left Side Pass} (Lop / RLOD) Bk L comm 1/8 LF trn, sm bk R 1/8 LF trn out of slot,
leading W to pass sd L/cl R, trng 1/8 LF fwd L (Fwd R, fwd L, fwd R/cl L, fwd R trng 1/2 LF,) ;
anchor R/L, R (Lop / LOD) ,

12-4 5&6 {Tuck and Twirl} (Lop Fcg / LOD) Bk L, bk R bring lead hand in to left shldr lead lady to W
Rt sd lead fwd, tap L w/ left shldr back slightly, fwd L w/ left sd lead to lead W's RF twirl (Fwd
R, fwd L, tap R, bk and sd R trng RF(twirl) 1/2 to fc ptrn) ; Anchor R/L, R (Lop Fcg / LOD) ,

7-8 Sailor Shuffles count 4 ; ;

1&23&4 {Sailor Shuffles count 4} (Lop Fcg / LOD) XLIBR/sd R, sd L, XRIBL/sd L, sd R ;

1&23&4 XLIBR/sd R, sd L, XRIBL/sd L, sd R ;

repeat A fcg LOD

B (Mod) - Lop Fcg / RLOD –

repeat B 1 - 4.5

12-4 5&6 {Sugar Push} (Lop Fcg / RLOD) bk L, bk R (fwd R, fwd L); Tap L, fwd L, tap R beh L, bk R)
Anchor Step R/L, R (Lop Fcg / RLOD) ;

repeat B 7-8

repeat B (begin fcg LOD)

End - Lop Fcg / LOD -

1-4 Sugar Push Lady Kick ~ Kick Ball Change ; ; Tuck and Twirl extra Twirl ; ;

12-4 5&6 {Sugar Push / Lady Kick} (Lop Fcg / LOD) Bk L, bk R ; Tap L, fwd L (Fwd R, fwd L, kick R
across L outside man, bk R) , Anchor Step R/L, R (Lop Fcg / LOD) ;

-&8 {Kick Ball Change} Kick L fwd/cl L on ball of ft, in plc R (kick R fwd/cl R on ball of ft, in plc L) ;

12-4 {Tuck and Twirl extra Twirl} (Lop Fcg / LOD) Bk L, bk R bring lead hand in to left shldr lead lady
to W rt sd lead fwd, tap L to R w/ left shldr back slightly, fwd L w/ left sd lead to lead W's RF twirl
under jnd ld hnds (Fwd R, fwd L, tap R, bk and sd R trng RF 1/2 (twirl)) ;

123&4 Cont leading W to trn RF under jnd ld hnds fwd R, L, bk R/rec L, bk R
(fwd L trn RF 1/2, fwd R trn RF 1/2, fwd L trn RF 1/2/rec R, bk L) (Lop Fcg / LOD) ;

5-8 Whip Turn ; ; Under Arm Turn ~ Kick Ball Change ; ;

123&4 {Whip Turn} (Lop Fcg / LOD) Bk L, XRIFL moving twd R sd of W blend loose CP swivel
1/4 RF on R, sd L/rec R trng 1/4 RF, fwd L CP / RLOD ;

(Fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R btwn M's feet to CP ;

123&4 XRIBL comm RF trn, sd and fwd L comp 1/2 RF trn, anchor R/L, R

On R swvl sharply 1/2 RF bk L, bk R, anchor L/R, L) (Lop Fcg / LOD) ;

123&4 5&6 {Under Arm Turn} (Lop Fcg / LOD) Bk L raising lead hnds lead W to pass M's Rt sd, fwd L
comm RF trn, sd L/cl R, sd & fwd L finish RF trn; anchor R/L, R (Fwd R, fwd L trng LF;
Sd R cont LF trn/XLIFR, bk R finish 1/2 LF trn, anchor L/R, L) (Lop Fcg / RLOD),

-&8 {Kick Ball Change} Kick L fwd/cl L on ball of ft, in plc R (kick R fwd/cl R on ball of ft, in plc L) ;

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9-12 Left Side Pass ~ Kick Ball Change ; ; Side Break and Hold ; Together on beat 2 hold ;

123&4 5&6 {Left Side Pass} (Lop / RLOD) Bk L comm 1/8 LF trn, sm bk R 1/8 LF trn out of slot, leading W to pass sd L/cl R, trng 1/8 LF fwd L (Fwd R, fwd L, fwd R/cl L, fwd R trng 1/2 LF,) ; anchor R/L, R (Lop / LOD) ,

-&8 {Kick Ball Change} Kick L fwd/cl L on ball of ft, in plc R (kick R fwd/cl R on ball of ft, in plc L) ;

&1 - - - {Side Break and Hold} (Lop Fcg/RLOD) Sd L/sd R free hnd on hip, - , - , - ;
(option- lady may do hip rolls during the 3 hold beats)

- &2 - - {Together on beat 2 hold} (Lop / RLOD) Keep lead hnds jnd trail hds on hip - , tog L/cl R to L, - , - ;

12-16 Wrapped Whip ; ; In / Touch hold ; Explode Apart ;

123&4 {Wrapped Whip} (Lop Fcg / LOD) Bk L to dbl handhold, fwd R raise jnd lead hnds over W's head M trng RF, sd L cont RF trn /cl R, sd & fwd L lower hnds to loose wrapped pos at W's waist man to W's left sd (Fwd R, fwd L, fwd R/cl L, bk R) ;

123&4 XRIBL trng RF release jnd ld hands, sd & fwd L trng RF to fc LOD, anchor R/ L, R (Bk L, bk R, anchor L/R, L) (Lop Fcg / LOD) ;

&S - - {In /Touch hold} (Lop Fcg / LOD) Fwd L twd ptr bring Left shldrs tog /touch R to L, - , - , - ;

q - - - {Explode Apart} (Lop Fcg / LOD) Sd R w/ Rt Arm Sweep up and out in CW (CCW) action, - , - , - ;

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4 + 2 West Coast
(Triple Traveler, Whip Turn)

Speed: 41.4 (-8% in Dancemaster)

Seq - Intro , A B , Br , A B C , A , B (Mod) , B , End

Intro - Lop / LOD -

Wait 2 ; ; Sugar Push Lady Kick ~ Kick Ball Change ; ;
Wrapped Whip ; ; Sailor Shuffles count 4 ; ;

A - Lop / LOD -

Tuck and Spin ~ Left Side Pass Man turn left shake hands ; ; ;
Right Side Pass join lead hands ~ Under Arm Turn ; ; ;
Tuck and Twirl ~ Kick Ball Change ; ;
Whip Turn ; ; Chicken Walk 2s4q ; ;

B - Lop Fcg / RLOD -

Under Arm Turn into Triple Travel and Roll ; ; ; , ,
Left Side Pass Tuck and Spin , ; ; Side Break 2s4q ; ;

Br - Lop Fcg / RLOD -

Wrapped Whip ; ; Sailor Shuffles count 4 ; ;

repeat A (begin fcg RLOD)

repeat B (begin fcg LOD)

C - Lop Fcg / LOD -

Sugar Push ~ Mans Under Arm Turn ; ; ;
Left Side Pass ~ Tuck and Twirl ; ; ;
Sailor Shuffles count 4 ; ;

repeat A - fcg LOD

B (Mod) - Lop Fcg / RLOD -

Under Arm Turn into Triple Travel and Roll ; ; ; , ,
Sugar Push , ; ; Side Break 2s4q ; ;

repeat B (begin fcg LOD)

End - Lop Fcg / LOD -

1-4 Sugar Push Lady Kick ~ Kick Ball Change ; ; Tuck and Twirl extra Twirl ; ;
5-8 Whip Turn ; ; Under Arm Turn ~ Kick Ball change ; ;
9-12 Left Side Pass ~ Kick Ball Change ; Side Break and Hold ; Together on beat 2 hold ;
12-16 Wrapped Whip ; ; In / Touch Hold ; Explode Apart ;