

# LEFT FOOTERS WEST COAST

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**RECORD:** Grenn 17036 [LEFT FOOTERS ONE STEP] **Artist:** Al Russ Orchestra

**FOOTWORK:** Opposite unless noted (Woman's footwork in parentheses)

**RHYTHM:** West Coast Swing RAL Phase IV+1 [Whip Turn] **TIME@RPM:**2:11@43

**SEQUENCE:** INTRO A B C A B C ENDING

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## MEAS:

### INTRODUCTION

- 1-2 OP-FCG/WALL WAIT 1 MEASURE; APT PT TOG TCH SWING CP/WALL;  
QQQQ; 1 Wait;  
QQQQ; 2 Apt L, pt R DLW, tog R, tch L to SWING CP/WALL;
- 3-5 TURNING BASIC CP/COH - TURNING BASIC SCP/LOD;;;  
Q&QQ&Q;QQ 3-5 In CP/WALL [TURNING BASIC] Trng  $\frac{1}{4}$  RF SD L/cl R, sd L,  
trng  $\frac{1}{4}$  RF sd R/cl L, sd R; Rk bk L SCP/LOD, rec R CP/COH,  
Q&Q;Q&QQQ; In CP/COH [TURNING BASIC] Trng  $\frac{1}{4}$  RF sd L/cl R, sd L;  
Trng  $\frac{1}{4}$  RF sd R/cl L, sd R, rk bk L SCP/LOD, rec R SCP/LOD;
- 6 THROWOUT;  
Q&QQ&Q; 6 In SCP/LOD [THROWOUT] cl L/in plc R, fwd L trng LF to  
LOP-FCG/LOD, anchor bk R under body/replc L, replc R  
(W French cross sd and fwd R trng  $\frac{1}{8}$  LF/XLif trng  $\frac{1}{8}$  LF,  
bk R trng  $\frac{1}{4}$  LF, anchor bk L under body/replc R, replc L);  
[NOTE: COASTER ENDINGS MAY BE SUBSTITUTED FOR ANCHOR ENDINGS]

### PART A

- 1-3 SUGAR PUSH - LEFT SIDE PASS;;;  
QQQQ;Q&Q 1-3 In LOP-FCG/LOD [SUGAR PUSH] Bk L, bk R, tap L fwd pressing M's  
R and W's L hnds tog, fwd L; Anchor R/L, R ending LOP-FCG/LOD  
(W Fwd R, fwd L, tap R behind L, bk R; Anchor L/R, L),  
QQ;Q&QQ&Q; [LEFT SIDE PASS] Bk L trng  $\frac{1}{4}$  LF, cl R; Fwd L/cl R, fwd L  
trng  $\frac{1}{4}$  LF, anchor R/L, R (W Fwd R, fwd L; French cross  
R/L, R, anchor L/R, L);
- 4-6 SUGAR PUSH - LEFT SIDE PASS;;;  
QQQQ;Q&Q 4-6 In LOP-FCG/LOD Repeat meas 1 and the first  $\frac{1}{2}$  of meas 2 PART A  
QQ;Q&QQ&Q; In LOP-FCG/LOD Repeat the last  $\frac{1}{2}$  of meas 2 and meas 3 PART A
- 7-8 SLOW SIDE BREAK; QUICK SIDE BREAKS;  
aSaS; 7 In LOP-FCG/LOD [SLOW SIDE BREAK] Sd L/sd R, -, cl L/cl R, - ;  
aQaQaQaQ; 8 [QUICK SIDE BREAKS] Sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R;

### PART B

- 1-3 TOGETHER TWO - TURNING BASIC - THROWOUT;;;  
QQ 1-3 In LOP-FCG/LOD [TOGETHER TWO] Bk L, fwd R trng  $\frac{1}{4}$  RF to CP/WALL  
[NOTE: THE M'S BACK STEP ON COUNT 1 KEEPS THIS FIGURE  
CONSISTENT WITH OTHER WEST COAST FIGURES IN THIS DANCE]  
(W Fwd R, fwd L trng  $\frac{1}{4}$  RF to CP W fcg COH),  
Q&Q;Q&QQQ; In CP/WALL [TURNING BASIC] Trng  $\frac{1}{4}$  RF sd L/cl R, sd L; Trng  
 $\frac{1}{4}$  RF sd R/cl L, sd R, rk bk L to SCP/LOD, rec R SCP/LOD;  
Q&QQ&Q; In SCP/LOD [THROWOUT] Repeat meas 6 of the INTRODUCTION

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## PART B (cont.)

- 4-6** SUGAR PUSH - UNDERARM TURN; ; ;  
QQQQ; Q&Q 4-6 In LOP-FCG/RL0D [SUGAR PUSH] Repeat meas 1 and  $\frac{1}{2}$  of meas 2  
PART A  
QQ; Q&QQ&Q; [UNDERARM TURN] Bk L, fwd R to W's R sd trng  $\frac{1}{4}$  RF raising the  
jnd ld hnds; Sd L/fwd R trng  $\frac{1}{4}$  RF, fwd L, anchor R/L, R  
(W Fwd R, fwd L under the jnd ld hnds; French cross R/L, R,  
anchor L/R, L);
- 7-8** WRAPPED WHIP; ;  
QQQ&Q; 7 In LOP-FCG/LOD [WRAPPED WHIP] Bk L to a dbl handhold, fwd R  
to W's R sd trng  $\frac{1}{4}$  RF raising the ld hnds over W's head,  
blending to WRAPPED POS/RL0D sd L/fwd R trng  $\frac{1}{4}$  RF, fwd L  
(W Fwd R, fwd L, fwd R/cl L, bk R);  
QQQ&Q; 8 Releasing M's R and W's L hnds XRib trng  $\frac{1}{2}$  RF, fwd L, anchor  
R/L, R (W Bk L, bk R, anchor L/R, L);

## PART C

- 1-3** UNDERARM TURN - MAN'S UNDERARM TURN; ; ;  
QQQ&Q; Q&Q 1-3 In LOP-FCG/LOD Repeat the last  $\frac{1}{2}$  of meas 5 and meas 6 PART B  
QQ; Q&QQ&Q; In LOP-FCG/RL0D [MAN'S UNDERARM TURN] Bk L, fwd R to W's L sd  
trng  $\frac{1}{4}$  RF under jnd ld hnds; Sd L trng  $\frac{1}{4}$  RF/fwd R; fwd L,  
anchor R/L, R (W Fwd R, fwd L; French cross R/L, R, anchor  
L/R, L); [NOTE: M'S L HND WILL NOW BE ON TOP OF W'S R HND  
RETURNING TO NORMAL POSITION DURING THE NEXT UNDERARM TURN]
- 4-6** UNDERARM TURN TO A HAND CHANGE TO L-TANDEM - RIGHT SIDE PASS; ; ;  
QQQ&Q; Q&Q 4-6 In LOP-FCG/LOD [UNDERARM TURN TO A HAND CHANGE TO L-TANDEM]  
Bk L, fwd R to W's R sd trng  $\frac{1}{4}$  RF raising the jnd ld hnds,  
sd L/fwd R trng  $\frac{1}{4}$  RF, fwd L changing to a R handshake on  
Count 4; Anchor R/L, R stepping bk on the last step trng  $\frac{1}{4}$   
LF to face WALL in L-SHAPED TANDEM [OPTION: TURN  $\frac{1}{2}$  LF TO FACE  
LOD IN TANDEM - THE NEXT STEP WOULD BE FWD L] (W Fwd R,  
fwd L, french cross R/L, R; Anchor L/R, L),  
QQ; Q&QQ&Q; In L-TANDEM [RIGHT SIDE PASS] Sd L leading W twd LOD, rec R;  
Changing to ld hnds jnd cl L/in plc R, fwd L trng  $\frac{1}{4}$  LF LOD,  
anchor R/L, R (W Fwd R, fwd L; French cross R/L, R, anchor  
L/R, L);
- 7-8** WHIP TURN; ;  
QQQ&Q; 7 In LOP-FCG/LOD [WHIP TURN] Bk L, Fwd R to W's R sd trng  $\frac{1}{4}$  RF  
R hnd to W's bk, sd L/fwd R trng  $\frac{1}{4}$  RF to CP/RL0D, fwd L  
(W Fwd R, fwd L trng  $\frac{1}{2}$  RF to face M, bk R/cl L, fwd R to CP);  
QQQ&Q; 8 Releasing CP XRib trng  $\frac{1}{2}$  RF, fwd L, anchor R/L, R (W Trng  
 $\frac{1}{2}$  RF bk L, bk R, anchor L/R, L);

## ENDING

- 1-2** WHIP TURN; ;  
QQQ&Q; 1-2 In LOP-FCG/LOD Repeat meas 7-8 PART C  
QQQ&Q;
- 3** APART POINT; ;  
SS; 3 Releasing M's L and W's R hnds join M's R and W's L hnds  
Apt L, - , pt R, - (W Apt R, - , pt L, - );