

# WEST COAST SWINGIN'

Page 1 of 3

CHOREO: Kristine & Bruce Nelson, 1807 S Washington # 110-358, Naperville, IL 60565,  
#630-258-5013 (cell) email: knelson823@earthlink.net  
MUSIC: CD: ACOUSTICNESS, Artist: Robin Greenstein, Track # 9 "West Coast Swing"  
CD or single track available from Walmart.com Release Date: 6/1/06  
FOOTWORK: Opposite unless noted (Woman's footwork in parentheses)  
TIME: 3:21 at CD speed Suggested playback speed 95 to 98% of CD  
RHYTHM: West Coast Swing & Jive PHASE: IV+1[Whip Turn]

SEQUENCE: **INTRO A A1-12 B A C B A1-11 ENDING**

## INTRODUCTION

### **1-4 WAIT; SAILOR SHUFFLES 2X;; BACK 2 POINT,-;**

[1] LOP facing M fcg LOD W fcg RLOD M's L & W's R ft pointed to COH lead hnds jnd  
Wait 1 meas;

[2-3] {**Sailor Shuffles**} XLIB/sd R, sd L, XRIB/sd L, sd R (XRIB/sd L, sd R, XLIB/sd R,  
sd L); Repeat Intro meas 2;

[4] {**Back 2 Point**} Bk L, bk R, pt L sd & bk to COH, - (fwd R, fwd L, pt R sd & bk to COH,  
-);

## PART A

### **1-3 SUGAR PUSH ~ UNDERARM TURN;;;**

[1] {**Sugar Push**} Bk L, bk R, tch L, fwd L (fwd R, fwd L, tch R, bk R);

[2-3] Sip R/L, bk R (sip L/R, L), {**Underarm Turn**} bk L trng RF, fwd R trng RF raise jnd  
lead hnds (fwd R, fwd L trn LF undr jnd lead hnds); Fwd L trng RF/cl R trng RF, fwd L fc  
RLOD, sip R/L, bk R (fwd R trn LF/XLIF cont trn, bk R, sip L/R, L);

### **4-8 TUCK & SPIN ~ LEFT SIDE PASS;;; M UNDERARM TURN ~ KICK,BALL/CHANGE;;**

[4] {**Tuck & Spin**} Bk L, bk R, tch L, fwd L release hnds for W's spin (fwd R,  
fwd L, tch R, trn RF step R spin full trn RF to fc M);

[5] Sip R/L, bk R (sip L/R, L), {**L Side Pass**} trng ¼ LF bk L fc WALL, cl R (fwd R, fwd L);

[6] Sip L/R, fwd L trn fc LOD (fwd R/L, fwd R trng L fc to fcRLOD), sip R/L, bk R  
(sip L/R, L);

[7] {**M Underarm Turn**} Bk L, fwd & sd R twd W's L sd trng RF undr jnd lead hnds, sd  
L/fwdR, fwd L to fc RLOD (Fwd R, fwd L, fwd R trn LF/XLIF cont trn, bk R to fc LOD);

[8] Sip R/L, bk R (sip L/R, L), {**Kick Ball/Change**} kick L fwd/cl L on ball of ft, sip R (kick  
R fwd/cl R on ball of ft, sip L);

### **9-11 SUGAR PUSH ~ UNDERARM TURN;;;**

[9-11] {**Sugar Push~Underarm Turn**} Repeat meas 1-3 of PART A to fc LOD;;;

### **12-14 SAILOR SHUFFLE 2X;; BACK 2 POINT;**

[12-14] {**Sailor Shuffles; Back 2 Point**} Repeat meas 2-4 of INTRO;;;

NOTE: 3<sup>rd</sup> & 4<sup>th</sup> time through **PART A** begins facing RLOD. Figures remain the same  
but all facing directions are reversed.

**PART B**

1-4

**L SIDE PASS w/TUCK & SPIN ~ KICK BALL/CHANGE;; SUGAR PUSH ~ KICK BALL/CHANGE;;**

[1] {**L Side Pass w/Tuck & Spin**} Trng ¼ LF bk L fc COH, cl R, tch L leading W to swvl LF, trn LF fwd L fc RLOD (Fwd R, fwd L, turn LF tch R, trng RF on L fwd R spin RF to fc ptr & LOD);

[2] Sip R/L, bk R (sip L/R, L), {**Kick Ball Change**} Repeat meas 8½ of PART A;

[3-4] {**Sugar Push~Kick Ball Change**} Repeat meas 1 - 1½ of PART A;;, ~ Repeat meas 8½ of PART A ;

5-8

**WRAPPED WHIP;; CHICKEN WALKS 2 SLOW; 4 QUICK;**

[5] {**Wrapped Whip**} Bk L to join all hnds, raising M's L & W's R hnds above W's head rec R trng ¼ RF, bring M's L & W's R hnds over W's head sd L cont RF trn/cl R, sd & fwd L lowering hnds to wrapped pos M at W's L sd (Fwd R, fwd L, fwd R/cl L, bk R);

[6] XRIB trng RF release M's R & W's L hnds, trng RF to fc RLOD sd & fwd L, sip R/cl L, bk R (Bk L, bk R, sip L/R, L);

[7] {**Chicken Walks**} Bk L, -, bk R, - (Swvl RF on L fwd R, -, swvl LF on R fwd L, -);

[8] Bk L, bk R, bk L, bk 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);

**PART C**

1-4

**UNDERARM TURN ~ KICK BALL/CHANGE;; WHIP TURN;;**

[1-2] {**Underarm Turn**} Repeat meas 2½ -3 of PART A fc LOD; ,, {**Kick Ball/Change**} Repeat meas 8½ of PART A ;

[3] {**Whip Turn**} Bk L, rec fwd & sd R moving to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc RLOD (Fwd R, fwd L trng ½ RF to CP fc LOD, bk R/cl L, fwd R between M's feet);

[4] Trng ½ RF XRIB, fwd L to LOP fcg pos LOD, sip R/cl L, bk R (Trng ½ RF fc RLOD bk L, bk R, sip L/R, L);

5-8

**KICK BALL/CHANGE ~ LEFT SIDE PASS;; KICK BALL/CHANGE ~ LEFT SIDE PASS;;**

[5-6] {**Kick Ball/Change**} Repeat meas 8½ of PART A,, {**L Side Pass**} Repeat meas 5½-6 of PART A fc RLOD;;

[7-8] {**Kick Ball/Change~L Side Pass**} Repeat meas 5-6 of PART C fc LOD;;

9-12

**WHIP TURN;; SIDE BREAKS 2 SLOW; 4 QUICK;**

[9-10] {**Whip Turn**} Repeat meas 3-4 of PART C;;

[11-12] {**Side Breaks**} Sd L/sd R, -, cl L/cl R,- (Sd R/sd L, -, cl R/cl L, -); Sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R (Sd R/sd L, cl R/cl L, sd R/sd L, cl R/cl L);

**ENDING**

1-4

**SIDE BREAKS 2 SLOW; SUGAR PUSH ~ UNDERARM TURN;;;**

[1] {**Side Breaks**} Repeat meas 11 of PART C;

[2-4] {**Sugar Push~Underarm Turn**} Repeat meas 1-3 of PART A fc LOD;;;

5-8

**SAILOR SHUFFLES 2X;; BACK CROSS POINT 4X;;**

[5-6] {**Sailor Shuffles**} Repeat meas 2-3 of INTRO;;

[7-8] {**Back Cross Point 4X**} XLIB, pt sd R to WALL, XRIB, pt sd L to COH (XRIF, pt sd L to WALL, XLIF, pt sd R to COH); Repeat meas 8 of ENDING;

9-13

**WHIP TURN;; TOGETHER 2 LOW BFLY WALL ~ TWISTY VINE 8 ~ SIDE LUNGE CHECKING;;;**

[9-10] {**Whip Turn**} Repeat meas 3-4 of PART C;;

[11-13] {**Tog 2 fc low BFLY Twisty Vine 8 Side Lunge checking**} Fwd L trn ¼ LF to fc WALL, cl R to BFLY low hands, sd L to LOD, XRIB; sd L, XRIF, sd L, XRIB; sd L, XRIF, lunge sd L to LOD still fcg WALL chkg & shaping to RLOD,- (Fwd R, fwd L trng ¼ RF to CP fc COH, sd R, XLIF; sd R, XLIB, sd R, XLIF; sd R, XLIB, lunge sd R to LOD fcg M chkg looking to RLOD,-);

14-15

**REVERSE WRAP IN 3 FC WALL; SLOWLY LOWER TO POINT HOLD,,, (appx)**

[14] {**Reverse Wrap In 3 Face WALL**} Release CP join M's R & W's L hnds rec R raising & bringing L hnd in front of face toward RLOD leading W to turn LF, cl L fc WALL, lower hnds in wrap pos sd R,- (Rec L start LF turn under jnd ld hnds, sd R cont LF trn to fc WALL, cl L in wrap pos,-); [15] {**Slowly Lower Point**} Slowly lower into R knee allowing L leg to extend to point L ft to LOD look R toward W - hold,,, (Slowly lower into L knee allowing R leg to extend to point R ft to RLOD look L toward M - hold,,,)