

WEST COAST SWING – Level 1 Beginning

(L=leader, F=follower, l=left, rt=right, rk= rock, X=cross hand, ct=count, ft= foot)

- 1 **Starter Step In Closed Position:** 2 triple steps in place (1&2, 3&4)
- 2 **Basic 6 Ct Step:** Starts on 1st foot (rt for L, lt for F)
Step, Step (counts 1, 2) Triple step (3&4) Anchor Step (5&6)
- 3 **Side Pass Mantras**
L's Mantra: Back (1), Together (2), Stay and Go (3&4), Anchor Step (5&6)
F's Mantra: Forward (1), Forward (2), Side, Cross (front), Side (3&4), Anchor Step (5&6)
- 4 **Send Out:** Start in Closed Position, L's step back to start F down track, both follow Side Pass Mantra, end up in open position.
- 5 **Bring Her In:** L step straight back together, triple in place wait for F to come into frame, anchor step together in close position
- 6 **Left side Pass:** same as the Send Out only it starts in open position
- 7 **3rd Position Anchor Step** – keep weight back and stretched away from partner
Position on the triple step: 1st ft behind, 2nd ft turned out to 10 o'clock for L, to 2 o'clock for F with heel touching instep of back ft
- 8 **Underarm (Right side) pass**
Same mantra as left side pass only L steps diagonally back to the left, L "look at your watch" on 2, F under 3&4
- 9 **Underarm Pass with sneaky hand change**
To cross hand position on count 4.5
- 10 **Left side Pass from X hand to regular hand on ct 2.5**
- 11 **Sugar Push**
L: straight back 1, ft together 2, compress on "Stay &" 3&, "Go" step forward 4, anchor
F: forward on 1, 2, come into compression on 3,& ; step back with lead on 4, anchor
- 12 **Sugar Hips**
a sugar push starting in cross hand position, rt hand over L's head, L's lt hand on F's hip, L step forward on 4 to lead F back, F arm slide down L arm
- 13 **Sugar Tuck Turn (sugar push footwork)**
L raise lt to flat hand at F's forehead level with no pressure on 3, hold on 3&, L steps forward on 4 & rt hand guides F to turn rt as step back 5, finish turn &6
- 14 **Underarm Pass to Closed Position** L place back of rt hand on F side as she comes down the track, roll hand pressing on F back to turn F into closed position
- 15 **Underarm Pass to 2 hand open position**
L slides rt hand down F shoulder as she turns under the arm, picking up F 2nd hand

HOPE YOU ENJOYED THE CLASS AND KEEP DANCING!

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