

Underarm Turn:

Gentlemen - use your left hand (holding the lady's right hand) and bring your left hand up toward your right shoulder, leading the lady backwards under your left arm. Start the lady in her turn, and let her turn - do not try to corkscrew her turn in place. While you are turning, your left hand fingers should be pointed straight down on the top of her head. As you do this, trade places with her. Her turn should finish during the first slow.

Left side underarm turn

Gentlemen, raise your left hand (holding the lady's right hand) up and to your left, palm toward the ceiling. With your right hand, pull the lady to her right under your hand in the air. She will rotate clockwise. Trade places as much as you can - and you will end up in a wrong way grip. An underarm turn will fix the grip.

Sweetheart

Gentlemen, simply do a regular underarm turn but hold on with both hands. Your left hand goes up as usual, but your right hand stays down at waist level. You cannot trade places with her, but you will go around her one-quarter turn and be side by side, hip to hip. Gentlemen should be on the left, ladies on the right. To get out, raise your left hand and use your right forearm to lead her out to a wrong way grip. You know how to fix the grip!

Guy's underarm turn

Gentlemen, raise your left hand but with your right hand lead the lady to your right side. You turn counter clockwise under your raised left hand.

Football Push:

Gentlemen - with your left hand (holding the lady's right hand) pull her toward you and to her left as you reach across your left arm with your right hand (striking the pose of a football player). Use your left hand to put her right hand on your right hip. You move forward, turning to your left as she runs her hand across your back and down your arm. You can present either hand as you finish. Remember to trade places as you do this!

Bumps:

Gentlemen, use your left hand and rotate the lady's right hand clockwise, turning her to her left one-quarter of a turn. You turn a quarter turn to your right as you do this. Step forward on your left foot for a 2-count pause, leading her forward on her right foot. Then bump hips, then step-rock-step. The rhythm is slow for the first 2 counts, then beats 3, 4, 5 and six are "bump, step, rock, step". I call this as slow (2 counts) bump step rock step.

Hammer Lock

Gentlemen, with your right hand, turn the lady's left hand one-quarter turn counter clockwise. This will start her turning to her right. Raise your left hand and lead her under your left arm with your right hand as you walk around her (to your right). Trade places, and hold on with both hands. Remember, finger tip grips only - she should not let go! You are leading. We had this conversation!

She goes, he goes

Start with the regular underarm turn, with the lady making her turn on the first slow. On the second slow, gentlemen make a counter-clockwise turn under his left arm on the second slow, finishing with a rock-step.