

West Coast Swing Cheat Sheet

1. **Sugar Push** - learned with a walk, walk, triple time, triple time; and with a walk, walk, touch, step, triple time (or anchor-step). (6c-w,w,tt,tt or w,w,ts,tt) The guys start back on their left foot - ladies start forward on their right. Guys don't travel much, ladies do.
2. **Left Side Pass** . (6c-w,w,tt,tt) Guys start back, step to their right and lead the ladies down the line on his left side, trading places with her.
3. **Under Arm Turn** . (6c-w,w,tt,tt) Guys start back, step to their left and lead the ladies under their arm, trading places with her.
4. **Right Side Pass** . (6c-w,w,tt,tt) First do either a Left Side Pass or Under Arm Turn, changing hands to a handshake - with the guys facing away from the lady. Guys lead the lady down the line, changing hands again.
5. **Starter Step** - from dance position, triple time, triple time, rock-step (that's an ECS basic), send her out with a tuck and turn, or throw out.(10c-tt,tt,rs,ts,tt)
6. **Two Handed Left Side Pass.** A Left Side Pass with both hands, where the lady is led down the line for 1, 2, and a quarter turn to her left on 3 with a touch. This finishes with a half turn to her right on 5&6, guys using his left hand holding her right. (6c-w,w,ts,tt)
7. **Locked Whip:** the lady walks forward on 1, 2 and does a coaster step on 3&4, then walks two steps straight back (blind, feel being led backwards) to anchor in place on 7&8. The guy leads this like an under arm turn, but with both hands. She goes under his left arm on his right side, and his right arm is kept low around her waist to stop her forward momentum on the coaster step. (8c-w,w,cst,w,w,tt) Also has a one hand and no hand variation.
8. **Whip:** Follower is led straight on 1, to dance position on 2 (turned 1/4 turn to the right), and turned another 1/4 to an out-and-in coaster step on 3&4. (The lady should be stepping between the buy's legs on 4, with the lady's right foot). From here:
 - a. **Inside:** the guy raises his left arm and bring the lady straight ahead under his arm, finishing with a half turn to her left. (8c-w,w,cst,w,w,tt)
 - b. **Outside:** the guy continues the rotation to the right to throw the lady out for an anchor-step. (8c-w,w,cst,w,w,tt)
 - c. **Outside Spin:** the guy continues the rotation to the right and turns the lady to her right with a half turn, or a turn and a half. (8c-w,w,cst,w,w,tt)
9. **Whip Behind the Back:** On count 4 and 5 of the Whip, guy (using his left hand) puts the right hand of the lady behind her back (hammerlock), almost or just barely touching fingers with his right hand. Guy then turns (pulls) the lady 1 full turn to her right on 6, 7&8 leaving his right hand low to end up in a wrong-way handshake. (8c-w,w,cst,w,w,tt)
10. **Head Loop:** After finishing the Whip Behind the Back, and from a wrong-way right-hand handshake, the guy does a basic sugar push using his right hand, looping his right hand over his head. The guy stops the forward momentum of the lady using his left hand on her hip, and leads her back. The lady's right hand will slide down his right arm to end up an a regular grip. (6c-w,w,tt,tt or w,w,ts,tt)
11. **Triple Inside Whip:** Complete the first half of a Whip to count 4. On count 5, guy's left arm goes up, and the lady does a slow walking triple inside turn to her left (6 walks). Guy's right hand stays on her belt. Finish to anchor step. (12c-w,w,cst,w,w,w,w,w,w,cst)