

FALL 2003 WEST COAST SWING FIGURES
By Alex Samuel

6-count patterns

(walk, walk, triple step, triple step) or (1, 2, 3 & 4, 5 & 6)

- left-side pass
- underarm turn
- push break (or sugarpush)
- cut-off whip
- throw-out
- inside roll
- tuck (from open or closed)
- roll into hammerlock

8-count patterns

(walk, walk, triple step, walk, walk, triple step) or (1, 2, 3 & 4, 5, 6, 7 & 8)

- whip
- whip with inside turn (or inside whip)

Remember!

- stand up straight
- connect nicely with your partner
- relax
- smile :)
- be smooth
- put on the music and dance around in your living room!

Please email Alex Samuel :: samuel [at] caltech.edu :: with suggestions, corrections, or questions.