

West Coast Swing Patterns for Cal Tech Dance Series
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L = Left, R = Right

PRINCIPLES:

Always remember your connection. "Leverage" and "Compression".
Interpret the music & play with "breaks" in the music.
Look at your partner, not the floor.
Smile.

PATTERNS:

Starter Step: From closed position, a 6 count L side **Tuck Turn**

6 count "**Sugar pushes**"

Basic Sugar Push (using L, R, or both hands)
Sugar push to tuck turn
Variation where woman pushes off man's R hip

8 count **Whips** (mix-n-match a 4 count entrance & 4 count exit)

4 count Whip entrances

Basic
Inside turn
Man's R hand to Woman's L hand starting position

4 count Whip exits

Basic
Inside turn
Single outside turn
Double outside turn

6 count R side **Underarm Turn**

6 count L side **Tuck Turn**

6 count Whip to closed position

Start with any 4 count Whip entrance.
Add triple step on 5&6, with partner in closed position.
This can be followed by a 6 count L side Tuck Turn to get back to open position.

Breaks

On 1: Single count tuck
On 3: L side Lounge
On 5: 4 count Whip entrance, slide to R on 5
On 7: 4 count Whip entrance, 2 count pivot, slide to R on 7

Ending "pseudo-dip"