

WCS Dance Practice 7 Turn Pattern

West Coast Swing Pattern (7 Turns)

1. Basic Starter Step, Throw Out
2. Right Side Pass (Under Arm Turn) Hand Change R to R
3. Sugar Push with Man's Drape Hand Change L to R
4. Right Side Pass (Under Arm Turn) Hand Change R to R
5. Left Side Pass Hand Change L to R (Follow Lady for Whip)
6. Basic Whip
7. Basic Whip
8. Sugar Push Tuck Turn (This will rotate man's L to R hand hold to begin the pattern over)

Repeat

9. Right Side Pass (Under Arm Turn) Hand Change R to R
10. Sugar Push with Man's Drape Hand Change L to R
11. Right Side Pass (Under Arm Turn) Hand Change R to R
12. Left Side Pass Hand Change L to R (Follow Lady for Whip)
13. Basic Whip
14. Basic Whip
15. Sugar Push Tuck Turn (This will rotate man's L to R hand hold to begin the pattern over)