

# West Coast Swing 7 Turn Pattern Building

## Basic 7 Turn Pattern

### Starter Step:

1. Right Side Pass
  2. Sugar Push
  3. Right Side Pass
  4. Left Side Pass
  5. Whip
  6. Whip
  7. Sugar Push
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1. Right Side Pass: Change Hands, Right to Right
  2. Sugar Push: Man's Drape
  3. Right Side Pass: Change Hands, Right to Right
  4. Left Side Pass: Man faces away from Lady
  5. Whip: Options
  6. Whip: Options
  7. Sugar Push: Sugar Tuck
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1. Right Side Pass
2. Sugar Push
3. Right Side Pass: **Dallas Side Pass**
4. Left Side Pass
5. Whip
6. Whip: **Whip w/Inside Turn, Lady's Duck. Exit Left Side Pass Inside Turn**

Option: **Exit Left Side Pass Inside Turn to Closed. Exit Traveling Tuck.**

Option: Exist from Closed: **Sweetheart w/Rock & Go, Reverse Whip**

## **7. Sugar Push**

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1. Right Side Pass

2. Sugar Push

3. Right Side Pass

4. Left Side Pass: **Fold**, Exit Options: **Basic. Sweep. Bump & Step. Rock & Go, Reverse Whip** (1<sup>st</sup> Whip in Pattern #5, go to 2<sup>nd</sup> Whip #6.

5. Whip

6. Whip

7. Sugar Push **w/Rock & Go, Swivel & Turn**

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