

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

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

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

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** (1st Whip in Pattern #5, go to 2nd Whip #6.
5. Whip
6. Whip
7. Sugar Push **w/Rock & Go, Swivel & Turn**
