

## 3/10/22 Thursday Dance Jam

### 7 Turn WC Swing Pattern (Adding men's style to pattern)

Starter Step: Reviewing Connection in the starter step

Option 1) Slow Slow Rock Step (exit) 3 & 4 5 & 6  
3 & 4 5 & 6 1 2 3 & 4 5 & 6

Option 2) 3 & 4 (Lead) An-Chor-Step (exit) 3 & 4 5 & 6

Option 3) 3 & 4 (Lead) Rock & Go (exit) 3 & 4 5 & 6

#### 1. Underarm Turn

Options: Lady's syncopations

Option: (Eric's Turn) Lady's outside turn & half starting on ct 2

Option: 6 ct Cut Off

#### 2. Sugar Push w/drape

Options: Man's styling, Lady's drape

#### 3. Underarm turn, Man's styling

Option: Man posts on ct 4, turns 5 & 6 to the right on Anchor Step

Option: Man posts on ct 4, turns 5 & 6 to the left on Anchor Step

#### 4. Left Side Pass

Option: Inside turn or free spin

Option: Wraps (regular wrap, fold, sweetheart)

Exit Wrap with Rock & Go

Exit Rock & Go with Inside Turn, Free Spin, Drape, Bowtie

#### 5. Whip (Basic Whip)

Option: Inside Turn, Outside Turn, Hand Change behind back

Crossbow Whip (Left under Right)

Exit with Rock & Go

Behind the back Whip

Option: Exits: Rock & Go, Stop & Go, Windmill

Locked Whip

#### 6. Whip (Reverse Whip) 2-hand, Single Hand, Inline, **Scroll Whip**, Crossbow

#### 7. Sugar Tuck

Option: Turn lady outside of slot on ct.4, lead 5 6 back to the slot, then 7 & 8 for Anchor. Man steps forward on 5, starts to turn left on 6 placing Left hand on single pack. Man completes turn on 7 & 8.

Option: Sea saw with Rock & Go