

LADIES' STEPS

WEST COAST BASIC WITH TWO STEPS FORWARD

- 1 - 2 Step forward right, left
- 3 - 4 Tap right next to left step back right
- 5 & 6 Step back left, (&)right, step forward left
- 7 - 8 Step forward right, left

EAST COAST SWING BASIC

/Hands will be left over right

- 1 & 2 1/4 turn to right-right-left-right
- 3 & 4 1/2 turn to right left-right-left facing inside LOD
- 5 - 6 Rock back on right forward on left

EAST COAST BASIC

/Lady ends up behind man

- 1 & 2 1/4 turn right right-left-right
- 3 & 4 In place left-right-left
- 5 Rock to right, look at man
- 6 Rock to center with left
- 7 Step right
- 8 Rock to left with left, look at man
- 9 Rock to center with right
- 10 Step left

TRIPLE TWO BASIC

/Lady goes under mans right arm into side by side

- 1 & 2 Forward right-left-right
- 3 & 4 Forward left-right-left
- 5 - 6 Step forward right, left

SHUFFLES FACING, BACK LOD, FACING, FORWARD LOD

/Maintain arm position, this is a progressive movement down LOD

- 1 & 2 Right-left-right 1/4 left to face man
- 3 & 4 Left-right-left 1/4 left to back LOD
- 5 & 6 Right-left-right 1/4 right to face man
- 7 & 8 Left-right-left 1/4 right to forward LOD
- 9 - 10 Step forward right, left

LINDY BASIC TO FACE EACH OTHER AND RETURN TO FORWARD, LOD

- 1 & 2 Right-left-right 1/4 left to face man
- 3 - 4 Rock back left forward right
- 5 & 6 Left-right-left 1/4 right to face LOD
- 7 - 8 Rock back right forward left

REPEAT

MEN'S STEPS

WEST COAST BASIC WITH TWO STEPS FORWARD

- 1 - 2 Step forward left, right
- 3 - 4 Tap left next to right, step back with left foot
- 5 & 6 Step back with right, (&)left, step forward right
- 7 - 8 Step forward left, right

EAST COAST SWING BASIC

- /Hands will be left over right**
1 & 2 Turning 1/4 to right, left arm over ladies head
3 & 4 Right-left-right in place facing outside LOD
5 - 6 Rock back on left forward on right

EAST COAST BASIC

- /Lady ends up behind man**
1 & 2 Left-right-left turns 1/4 left, hands over head
3 & 4 Right-left-right in place, hands joined at hips
5 Rock to left, look at lady
6 Rock to center with right
7 Step left
8 Rock to right with right, look at lady
9 Rock to center with left
10 Step right

TRIPLE TWO BASIC

- /Lady goes under mans right arm into side by side**
1 & 2 Forward left-right-left
3 & 4 Forward right-left-right
5 - 6 Step forward left, right

SHUFFLES FACING, BACK LOD, FACING, FORWARD LOD

- /Maintain arm position, this is a progressive movement down LOD**
1 & 2 Left-right-left 1/4 right to face lady
3 & 4 Right-left-right 1/4 right to back LOD
5 & 6 Left-right-left 1/4 left to face lady
7 & 8 Right-left-right 1/4 left to forward LOD
9 - 10 Step forward left, right

LINDY BASIC TO FACE EACH OTHER AND RETURN TO FORWARD, LOD

- 1 & 2 Left-right-left 1/4 right to face lady
3 - 4 Rock back right forward left
5 & 6 Right-left-right 1/4 left to face LOD
7 - 8 Rock back left forward right

REPEAT