

Michelle Kinkaid's

# West Coast Swing Step List

## WEST COAST SWING BASIC RHYTHM

1	2	3 & 4	5 & 6
Step, Step		Triple Step	Triple Step



### BASIC LEVEL

PATTERN	TIMING
SUGAR PUSH ( <i>aka: Push Break, Push</i> )	1,2 3&4 5&6
UNDER ARM TURN (UAT) ( <i>aka Under Arm Pass</i> )	1,2 3&4 5&6
LEFT SIDE PASS (L S/P)	1,2 3&4 5&6
UNDER ARM TURN W/HAND CHANGE (end in R-R)	1,2 3&4 5&6
RIGHT SIDE PASS (R-R hand position) <i>w/hand change back to standard hand</i>	1,2 3&4 5&6
SUGAR TUCK ( <i>Sugar Push w/ Follower turn</i> )	1,2 3&4 5&6
2-HAND TUCK ( <i>Tuck w/ Follower turn</i> )	1,2 3&4 5&6
TURNING SIDE PASS (Left & Right Hand)	1,2 3&4 5&6
BASIC WHIP	1,2 3&4 5,6 7&8
STARTER STEP	1&2 3&4



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