

# SWING LOVER

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**MUSIC:** "Swing Lover", Indigo Swing, available as a download from Amazon  
(cut first 33.5 seconds; music slowed 12-13% or as desired)

**RHYTHM/PHASE** West Coast Swing, V+1 [with inside trn] +1 unphased [inside whip]

**FOOTWORK:** Opposite unless otherwise noted

**SEQUENCE:** INTRO A BRIDGE A B A BRIDGE C C B A ENDING

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## INTRODUCTION

### 1-2 LOP LOD WAIT; 2 SLOW CHICKEN WALKS;

- 1 {wait} LOP LOD wait one meas;
- 2 {2 sl chicken walks} Bk L, -, bk R, - (W swivel RF on L then step sd & fwd R, -, swivel LF on R then step sd & fwd L);

## PART A

### 1-5 INSIDE WHIP WITH INSIDE TURN\*;; TUCK & SPIN - LEFT SIDE PASS\*;;

- 1-2 {inside whip w/ inside trn} Bk L starting to raise ld hnds, XRif trng lady 1/2 LF, press sd L/cl R, sd L & fwd completing RF trn to loose CP RLOD (W fwd R, fwd L completing 1/2 trn, bk R/cl L, fwd R); Raising ld hnds leading W to trn LF XRib, sd & fwd L, anchor R/L, R completing full trn to fc LOD (W fwd L starting LF trn und ld hnds, fwd R cont trn 1/2, anchor L/R, L);
- 3-5 {tuck & spin} Bk L, bk R, tch L, fwd L leading W to spin RF (W fwd R, fwd L, tch R, trng RF fwd R spinning RF); Anchor R/L, R, {L sd pass} bk L trng 1/4 LF to fc COH, bk R; Sip L/R, fwd L to fc RLOD, anchor R/L, R (fwd R, fwd L; Fwd R trn LF/XLif, sd & bk R trng LF, anchor L/R, L);

### 6-8 WRAPPED WHIP\*;; 2 SLOW CHICKEN WALKS;

- 6-7 {wrapped whip} Bk L, XRif of L trng RF to W's R while raising jnd ld hnds and leaving jnd trl hnds low, press sd L/ rec R trng RF, sd & fwd L to W's L in wrapped pos (W fwd R, fwd L, fwd R/cl L, bk R) to wrapped pos RLOD slightly to R of M; XRib of L trng RF releasing jnd trl hnds and keeping ld hnds low allowing W to step bk, fwd L cont RF to LOP LOD, anchor R/L, R (W bk L, bk R, anchor L/R, L);
- 8 {2 sl chicken walks} Bk L, -, bk R (W swivel RF on L then step sd & fwd R, -, swivel LF on R then step sd & fwd L), -;

## BRIDGE

### 1-2 SUGAR PUSH W/ EXTRA ROCK\*;;

- 1-2 {sugar push w/ extra bk} Bk L, bk R, press L, fwd L (Fwd R, fwd L, tap R in bk, rec bk R); Rk bk R, rec L, anchor R/L, R (Fwd L, rec R, anchor L/R, L);

## REPEAT A

## PART B

### 1-4 UNDERARM TURN TO TRIPLE TRAVEL & ROLL\*;;

- 1-4 {undarm trn to triple travel & roll} Bk L comm RF trn, fwd R, sd L/cl R, fwd L to fc WALL joining R hnds palm to palm (W fwd R, L, R/xLif, bk R twd RLOD passing M und jnd hnds trng LF 3/4 on last stp to fc COH); Sd chasse R/L, sd & fwd R, pushing lightly w/ R hnds fwd L, fwd R rolling RF 1 1/2 to fc COH joining L hnds palm to palm (W L/R, sd & bk L, roll RF 1 1/2 R, L to fc WALL); Sd chasse L/R, sd L & fwd trng 1/2 LF chg to R hnds palm to palm, sd chasse R/L, sd & fwd R trng 1/2 RF chg to L hnds palm to palm; Sd chasse L/R, sd & fwd L pushing lightly w/ L hnds, fwd R, fwd L completing a LF roll 1 1/4 joining ld hnds to fc RLOD & ptr;

**PART B (CONTINUED)**

**5-8 ANCHOR STEP - MAN'S UNDERARM TURN BOTH FACE WALL;; TURKEY WALKS TO LOP RLOD;;**

- 5-6 *{anchor stp - M's undarm trn both fc WALL}* Anchor R/L, R, bk L, XRif trng ¼ RF; Press sd & fwd L trng ¼ RF und ld hnds/cl R, fwd L to fc LOD, flare R/ in pl L, R trng to fc WALL (Anchor L/R, L, fwd R, fwd L; Looping ld hnds over M's head fwd R/XLif, R trng LF to fc RLOD, flare L/ in pl R, L to fc WALL);
- 7-8 *(turkey walks to LOP RLOD)* Passing beh W & traveling LOD w/ jazz hnds sd L, cl R, sd L, cl R; Sd L, cl R, trng RF sip L, cl R to slight pos joining ld hnds feg RLOD (Moving RLOD sd R, cl L, sd R, cl L; Sd R, cl L, trng LF sip R, cl L to slight V pos);

**REPEAT A**

**REPEAT BRIDGE**

**PART C**

**1-4 SIDE WHIP;; SURPRISE WHIP;;**

- 1-2 *{side whip}* Bk L, rec R comm RF trn, cont slight RF trn press L sd twd LOD, hold (W fwd R, fwd L trng ½ RF, bk R/cl L, fwd R); Hold leading W fwd, fwd L leading W to fc, bk to anchor R/L, R to LOP LOD (W fwd L, fwd R trng ½ LF, bk to anchor L/R, L);
- 3-4 *{surprise whip}* Bk L, XRif to W's R, press sd L trng RF 1/4/ cl R, sd & fwd L to fc RLOD (Fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R); Leading W to swvl to SCP ck fwd R, rec L leading W to trn under RF, anchor R/L, R to fc ptr & RLOD (Swvlg RF ck bk L, rec R starting RF trn und lead hnds, fin trn L/R, L to fc ptr ld hnds joined);

**5-8 UNDERARM TURN/M HOOK TURN - RIGHT SIDE PASS/TUCK & SPIN;;; 2 KICKBALL CHANGES;**

- 5-7 *{undarm trn/M hook trn}* Bk L, fwd R trng RF and leading W und ld hnds, press stp sd Ltrng RF/rec R trng RF, fwd & sd L (W fwd R, fwd L trng LF und ld hnds, sd R/XLif, trng LF bk R to fc LOD); Releasing hnds and trng RF hook Rib/sm sd & bk L to fc LOD, XRif to fc WALL extending R hnd back to W (joining R hnds anchor L/R, L) *{R sd pass pass w/ tuck & spin}* sd L leading W forward, rec R (fwd R, L); Tch L tucking W in, trng LF fwd L releasing hnds, anchor in pl R/L, R to fc LOD joining ld hnds (Trng LF to fc M tap R, trng RF fwd R spinning RF to fc M, anchor stp L/R, L);
- 8 *{2 kickball chgs}* Kick L fwd/cl L on ball of ft, sip R, kick L fwd/cl L on ball of ft, sip R;

**REPEAT C**

**REPEAT B**

**REPEAT A**

**ENDING**

**1-2+ UNDERARM TURN BOTH HOOK TURN HOLD 1 SNAP FREEZE;; & HOLD;**

- 1-2+ *{undarm trn both hook trn hold 1 bt snap freeze}* Bk L, fwd R trng RF and leading W und ld hnds, press stp sd L trng RF/rec R trng RF, fwd & sd L (W fwd R, fwd L trng LF und ld hnds, sd R/XLif, trng LF bk R to fc LOD); Keeping ld hnds joined & trng RF hook Rib/rec L to fc LOD, XRif, hold one bt, sharply trn on R to fc RLOD [L ft ptd to ptr & hnd on hip] (hook Lib/rec R, XLif, hold one bt, sharply trn on L to fc LOD [R ft ptd to ptr & hnd on hip]); Hold as music fades;

\*\*If preferred, just do whip turn with inside turn