

1 – 2 – 3 – 4 Feist WEST COAST SWING NOV, 2007
Jerry and Barbara Pierce 2021 Crest Lane
Birmingham, AL 35226 pierce7525@juno.com
West Coast Swing PH V INTRO A B BRK C END
Album: THE REMINDER Feist

Intro Wait Wait WHIP TURN;;

1-4 LOP fcng LOD wt 2 meas:: Bk L, rec fwd & sd R moving to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc RLOD (Fwd R, fwd L trng ½ RF to CP fc LOD, bk R/cl L, fwd R between M's feet); Trng ½ RF XRIB, fwd L to LOP fcg pos LOD, sip R/cl L, sm bk R (Trng ½ RF fc RLOD bk L, bk R, sip L/R, L);

PART A SUGAR PUSH W/ DBL ANCHORS to fc WALL;;

1-12 Bk L, bk R, tch L, fwd L (fwd R, fwd L, tch R, bk R); Coaster: trng ¼ RF to wall XRIB/sd L, sd R (sip L/R, L), sip L/R, sd L leave R ptnd sd leading LADY to fc COH BFLY (fwd R/ trng RF sd L, sd R leave L ptnd sd);
SAILOR/SHUFFLE(fc wall strong sd step RLOD),,
XRIB/sd L, sd R in lunge pos lead ft pt sd, (XLIB/sd R, sd L,)

VN BHND, SD; THRU, PT,

XLIB, sd R; X L thru RLOD, lunge & pt R to RLOD,

SAILOR/SHUFFLE(fc wall strong sd step RLOD);

XRIB/sd L, sd R in lunge pos lead ft pt sd(XLIB/sd R, sd L);

VN BHND,SD , THRU, PT__;

XLIB, sd R, X L thru RLOD, lunge & pt R to RLOD; (option: Draw L__ /XLIB, sd R, X L thru RLOD)

SAILOR/SHUFFLE,,

XRIB/sd L, sd R in lunge pos lead ft pt sd,(XLIB/sd R, sd L,)

TOE,SWIV; drawing L to R swiv LF on toes, swiv RF on toes,

THROW/23 OUT/23 KK/BALL CHG 2X;; LOD

Trng ¼ LF bk L/cl R, sd L fc LOD, XRIB/sd L, sd R; fc LOD

Kick L fwd/cl L on ball of ft, sip R, kick L fwd/cl L on ball of ft, sip R;

SLO SD/BREAKS(OUT/OUT,-,IN/IN,-);

Sd L/sd R, -, Cl L/cl R,-;

PASSING THROWOUT; RLOD

Trng ¼ LF bk L/cl R, sd L fc COH, trng ¼ LF XRIB/sd L, sd R; fc RLOD

SLO SD/BREAKS(OUT/OUT,-,IN/IN,-);

Repeat meas 9 part A;

PASSING THROWOUT; LOD

Trng ¼ LF bk L/cl R, sd L fc WALL, XRIB/sd L, sd R; fc LOD

13-24 REPEAT MEASURE 1 THRU 12 PART A

PART B SUGAR PUSH;;, Bk L, bk R, tch L, fwd L; Sip R/L, bk R, off line
1-8 IN 6 beats TRN TO WALL XSN SAME FOOT

LUNGE DRAW CLOSE

Trng RF XLIB, sd R fc wall tandem; plc rt hnd on Lady's rt hip, lunge on RF, pt LF to LOD, draw LF to RT both heels on floor; (fwd R, trng LF fwd L fc Wall, sd R in lunge line, pt L to sd, draw L to R, both heels on floor;)

FOOT SWIV, 4, to LOD (TO RLOD) ANCHOR/2, 3,,

Moving LOD swiv LF on both heels, rk fwd to toes & swiv RF on toes, rk bk on heels & swiv LF on heels, rk fwd on toes & swiv RF on toes free Rt Ft; (Lady will move RLOD swiveling RT, LF, RT, LF freeing up LF Foot;)
Fcng partner anchor step jng lead hnds fcng RLOD,,

WHIP TRN With inside trn;;, fc RLOD

Bk L, rec fwd & sd R moving to W's R sd trng ¼ RF to loose CP, sd L trng ¼ RF/fwd R, sd & fwd L fc LOD slgt bjo (Fwd R, fwd L trng ½ RF to CP fc LOD, bk R/cl L, fwd R between M's feet); Raising LF hnd & Trng ½ RF XRIB, fwd L to LOP fcg pos RLOD, sip R/cl L, bk R (Trng ½ LF over 2 steps fwd L, sd R, sip L/R, L);

UNDER ARM TRN LOD;;

bk L trng RF, fwd R trng RF raise jnd lead hnds (fwd R, fwd L trn LF undr jnd lead hnds); Fwd L trng RF/cl R trng RF, fwd L fc LOD, sip R/L, bk R (fwd R trn LF/XLIF cont trn, bk R, sip L/R, L);

9-16 REPEAT MEASURES 1-8 PART B FCNG LOD

17-24 SLO SD/BREAK(OUT/OUT,-,IN/IN,-);

Repeat meas 9 Part A ;

LEFT to RIGHT IN TWO TRIPPLES;

Trng RF sip L/R,L, sd R/cl L, sd R (fwd R trng LF under lead hnds/XLIF, sd R trng to fc part, sd L/cl R, sd L); Now Facing Wall

SLO SD/BREAK(OUT/OUT,-,IN/IN,-);

Repeat meas 9 Part A ;

LEFT to RIGHT IN TWO TRIPPLES;

Trng RF sip L/R,L, sd R/cl L, sd R (fwd R trng LF under lead hnds/XLIF, sd R trng to fc part, sd L/cl R, sd L); Now Facing RLOD

SLO SD/BREAK(OUT/OUT,-,IN/IN,-);

Repeat meas 9 Part A ;

LEFT to RIGHT IN TWO TRIPPLES;

Trng RF sip L/R,L, sd R/cl L, sd R (fwd R trng LF under lead hnds/XLIF, sd R trng to fc part, sd L/cl R, sd L); Now Facing COH

SLO SD/BREAK(OUT/OUT,-,IN/IN,-);

Repeat meas 9 Part A ;

LEFT to RIGHT IN TWO TRIPPLES;

Trng RF sip L/R,L, sd R/cl L, sd R (fwd R trng LF under lead hnds/XLIF, sd R trng to fc part, sd L/cl R, sd L); Now Facing LOD

INT **RK LF, RT, LF, RT;** With swaying action rk L,R,L,R;

PART C UNDR ARM TRN toTRIPPLE TRAV W ROLLS;;,;

1-8

Bk L, fwd & sd R twd W's R sd trn RF raise jnd lead hnds, sd & fwd L trng RF/rec R, cl L fc WALL (W fwd R, fwd L undr jnd lead hnds, fwd R trn LF/XLIF cont trn, sd R fcg COH);sd R RLOD join R hnds palm to palm/cl L, sd R bgn RF trn (W sd L/cl R, sd L), push lightly with R hnds roll RF 1½ L, R to fc COH (W roll 1½ RF R, L) join L hnds palm to palm; sd L/cl R, sd L trn ½ LF chg to R hnds palm to palm, sd R/cl L, sd R trn ½ RF chg to L hnds palm to palm; sd L/cl R, sd L, push with L hnds roll LF 1¼ R, L (W roll 1¼ LF L, R) to LOP RLOD; sip R/L, bk R(W sip L/R, L),

CHEEK toCHEEK modTUMMY WHIP RLOD;;,;

Bk L, bk R; trng RF to bump hips tch L, fwd L to COH, trng LF to fc part, sip R/L, bk R (W sip L/R, L); fc RLOD

Bk L, rec fwd & sd R moving to W's R sd releasing hnds trng ¼ RF, sd L trng ¼ RF/fwd R, sd & fwd L fc LOD (Fwd R, fwd L, fwd R/cl L,fwd R); Trng 1/2 RF XRIB, fwd L to LOP fcg pos RLOD, XRBL/sd L, sd R (bk L, bk R, sip L/R,L)

9-16

TUCK & SPIN BOTH SPIN TO TANDEM;, RT SD PASS;,;

Bk L, bk R, tch L, fwd L release hnds for spin ½ RF; sip R/L,R fc LOD(fwd R,fwd L, tch R, trn RF step R spin full trn RF to fc LOD;sip L/R/L); now tandem both fc LOD jn R/R hnds

SD WHIP LOD;; STOP AND GO WITH DBL STOP;;; LOD

Bk L, rec R to an L-shaped SCP, hold, hold (W fwd R, fwd L trn ½ RF, bk R/cl L, fwd R); hold, rec L, sip R/L, bk R (W fwd L, fwd R trn ½ LF, sip L/R, L) fc LOD;

Bk L, rec R fwd L/R,L; to an L-shaped man looking bk at Lady rk fwd R, rec L, Rk bk R, rec L; rk fwd R, rec L, bk R/L,R; to LOP LOD (fwd R, fwd L bgn LF trn, Trn under lead hnds ½ R/L,R fc LOD; rk bk L, rec R, rk fwd L, rec R; rk bk L, Rec R, trn under LF L/R,L; fc RLOD LOP

17-24

UNDR ARM TRN toTRIPPLE TRAV W ROLLS

CHEEK to CHEEK mod TUMMY WHIP RLOD

Repeat meas 1-8 Part C;;,;;,;;,;;,;; now fcng RLOD

END

SUGAR PUSH;,;

1-4

IN 6 beatsTRN TO WALL XSN SAME FOOT

LUNGE DRAW CLOSE fcng COH

Slowing down to match retarding music: repeat meas 1-7 ½ Part B

LUNGE APART

Look at partner slow lunge apart lead hnds up & out trail hnds pnt to part.