I'M ON YOUR SIDE

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The Cure for You Track 3 Footwork: Opposite Unless Noted

Phase: VI West Coast Swing Released: July 15, 2010 Sequence: INTRO, A, A, B, C, A, A(1-4), C(1-8), ENDING

INTRO

1-4 WAIT;; QK SD BRKS WITH CROSS IN FRONT; UNWIND TO FC;

1-2 **{Wait}** On the & ct leading into meas 3 start the sd breaks /sd L

&1&2&3&4 3-4 {Qk Sd Brks with Cross} Sd R, bring L in under body/ cl R, sd

L/ sd R, bring the L under the body/ XRIF of L;

{Unwind to Fc} Unwind LF to fc lead foot free lead hnd joined;

PART A

1-4 LEFT SD PASS;,, SD WHIP WITH LADIES BODY RIPPLE,;;;

- 1-2 {Left Sd Pass} Bk L trn LF off track, cl R cont LF trn fc COH, in 5&612 pl L/R, fwd L trn LF to get bk on the track fc RLOD; anchor R/L, R (W fwd R, fwd L, fwd & sd R/ XLIF of R, sd & bk R trn LF to fc ptr; anchor L/R, L), {Sd Whip with Ladies Body Ripple} Bk L, recov R trn ¼ RF to "L" pos trn W to SCP (W fwd R, fwd L trn RF ½ to SCP);
- 3-4 **{Cont}** Press L fwd as (W bk R/ cl L, fwd R, press fwd L as lower in knees push lower body fwd and ripple as the rest of the body pushes fwd),-; Hold, recov L, anchor R/L, R (W fwd L start W 789&10 LF trn, cont LF trn sd & bk R, trn LF anchor L/R, L);

5-8 WAIST DRAG TO HANDSHAKE;,, INSIDE WHIP TO ESCORT WALK AROUND,;;;

123&4 5-6 {Waist Drag} Bk L, recov fwd & sd R trn ¼ LF, in pl L/R trn LF, fwd L onto track as W passes behind you; anchor R/L, R to hand shake (W fwd R, fwd L, sliding behind M keep lead hnd on

his body XRIF of L/ sd L, XRIF of L; anchor L/R, L),

{Inside Whip to Escort Walk Arnd} Bk L, recov R trn ¼ RF off track as lead W in LF underarm trn (W fwd R, fwd L start LF trn

under joined R hnds);

3&456
7-8
{Cont} Sd L cont RF trn ½ / fwd R, sd & fwd L trn RF fc LOD
lead arms hooked in escort pos, wheel RF R, L; R, L leading W to
fc, anchor R/L, R to end fc RLOD lead hnds joined (W bk R/ cl L,
fwd R to escort, wheel L,R; L, R trning to fc ptr & LOD, anchor
L/R,L);

9-12 START REV UNDERARM TRN TO DUCK WALKS;; HEEL HEEL STEP STP; CHICKEN WALK 4 QKS;

123&4 9-10 {**Rev Underarm to Duck Walks**} Bk L trn RF, fwd R trn RF,

567&8		fwd L/ cl R to L, cl L to R (W fwd R, fwd L under joined lead hnds, fwd R trn ¼ LF/ XLIF of R cont LF trn, sd & bk R to fc ptr); Swvl RF to step fwd R twd wall, draw L to R as swvl LF to fc COH step fwd L, draw R to L as swvl RF to step twd wall R/L, R;		
&1-&3-	11-12	{Heel Heel Step Step} Still lead hnds joined like a slow sd brk on		
1234		the & ct put wgt on the L heel fwd & sd/ put wgt on the R heel		
		fwd & sd standing on both heels,-, on the & ct put the L ft slght		
		bk and under the body/ recov R under the body,-; {Chicken		
		Walks 4 Qks} Bk L, R, L, R (W swvl ft out as fwd R, L, R, L);		
13-16 CHG HNDS PUSH BRK;,,PREP IN & OUT WRAPS BOTH FREE SPIN				
END	<u> </u>			
123&4	13-14	{Chg Hnds Push Brk} Bk L, bk R to two hnds joined low, bk L/		
5&612		bring R twd L, small fwd L (W stronger step bk R) end with trail		
		hnds joined; anchor R/L, R, {In & Out Wraps} Prep steps bk L		
		with slgt trn of lady in twd wall, cl R off the track with slgt trn of		
		lady out twd COH (W fwd R,L);		
3&45&6	15-16	{Cont} In pl L/R, fwd L as wrap the W (W spin LF R/L, fwd R),		
7&89&10		fwd R trn RF/ cl L to R cont RF trn, fwd R fc LOD having		
		unwrapped W (W fwd L trning RF/ unwrap cl R to L, fwd L to fc		
		LOD); like a hook trn XLIB of R to trn RF/ cl R to L, fwd L bk		
		on the track join lead hnds after spinning W LF, anchor R/L, R		
		(W free spin LF R/L, R to fc, anchor L/R, L);		

REPEAT A

PART B

1-4 WHIP ;; SYN	ICO LEFT SD PASS WITH TUCK & ROLL TO ROCK & GO			
ENDING TO HANDSHAKE;;				
123&4 1-2	Whip } Bk L, recov fwd R moving to W's R sd start RF trn ½ to			
567&8	momentary SCP, sd L cont RF trn 1/4 / fwd R, sd & fwd L cont			
	trn; XRIB of L, sd L, anchor in pl R/L, R (W fwd R, fwd L trn			
	RF ½ to SCP, bk R/ cl L, fwd R; fwd L start RF trn, cont RF trn			
	bk R, anchor L/R, L);			
12-4 3-4	{Synco Left Sd Pass with Tuck & Roll to Rock & Go Ending}			
W 12&34	Bk L trn RF, cl R off the track/ on the & tch L in a small press			
56&78	line (W fwd R, fwd L/ on & ct sd R, XLIF of R), recov L twd			
	RLOD (W trn RF to step fwd R); both roll RF fwd R, L/ on & ct			
	cont RF trn as rk fwd & sd R twd RLOD, recov L twd LOD			
	catching the W's R forearm with your R arm, sliding down the			
	arm XRIF of L twd LOD body twd wall (W roll L, R/ cont RF trn			
	on & ct rk fwd & sd L, recov R, fwd L connect R hnds);			
5-8 RT SD PASS	WITH DBL HAND HOLD INSIDE UNDERARM TRN;,,			
DBL HND HOLD TUCK & TWIRL,;; BASKET WHIP;				
123&4 5-6	{Rt Sd Pass with Dbl Hand Hold Inside Trn} Fwd L, recov R			
5&612	to join L hnds over R, dbl underarm trn the W to fc LOD in pl			
	L/R,L; anchor R/L, R, (W fwd R, L start LF underarm trn, trning			

3&45& 123&4	6 7-8	under both hnds LF R/L, R; anchor L/R, L), { Dbl Hnd Hold Tuck & Twirl } Bk L, small bk R lift top hnds to palm to palm keep all hnds joined; { Cont } Small bk L/ recov R, fwd L leading W to twirl RF under both hnds, anchor R/L, R (W fwd R/ recov L trn RF, fwd R cont RF trn, anchor L/R, L); { Basket Whip } Same ftwork as a wrapped whip bk L, recov fwd R moving to W's R sd start RF trn ½ to start to lift L arms, sd L cont RF trn ½ / fwd R, sd & fwd L cont trn to end in Varsouv; (W fwd R, fwd L under L hnds, fwd
		R/cl L, bk R);
9-12	FIN BASKE	T WHIP; HEAD LOOP WHIP;; PREP LEFT SD PASS WITH
	INSIDE TRI	N TO CLOSED;
567&8	9-10	{Fin Basket Whip} XRIB of L lift R arms up, sd L, anchor in pl
123&4		R/L, R still stacked hnds; (W bk L under R hnds, bk R, anchor
		L/R, L); {Head Loop Whip} Bk L, recov R twd ptr as trn RF
		bring all arms up and over M's head, cont RF trn in pl L/R release
		hnds to CP, sd L across track to fc RLOD in CP (W fwd R, fwd L
<i>E (</i> 7 9-0	11 12	to trn RF, bk R/cl L, fwd R); (Fin Head Lean Whin) YPID of L and L anchon in all P/L P (W.
567&8	11-12	(Fin Head Loop Whip) XRIB of L, sd L, anchor in pl R/L, R (W
123&4		fwd L start RF trn, cont RF trn bk R, anchor L/R, L); {Left Sd
		Pass With Inside Trn to Closed} Prep steps bk L with slgt trn of
		lady in twd wall, cl R off the track with slgt trn of lady out twd
		COH, in pl L/R, fwd L to CP RLOD lead hnds on his L hip (W
		fwd R with slght trn L, fwd L with slgt trn R, inside underarm trn
		LF R/L, R to CP);
13	PUSH OUT	2 & ANCHOR STEP NO HNDS;
567&8	13	{Push Out 2 & Anchor Step} Fwd R, L, anchor R/L, R release
		hnds;
		PART C
1-4	BK CAMEL	WALKS;; FWD CAMEL WALKS;;
1234	1-2	{Bk Camel Walks} Even cts bk L with L sd bk, XRIF of L with
5678		strong knee bend, bk L, bk R with R sd bk; XLIF of R with strong
00,0		knee bend, bk R, bk L, cl R to L (W fwd R with R sd lead, XLIB
		of R, fwd R, fwd L with L sd lead; XRIB of L, fwd L, fwd R, cl L
1224	2.4	to R);
1234	3-4	Fwd Camel Walks) Fwd L with L sd lead, XRIB of L, fwd L,
5678		fwd R with R sd lead; XLIB of R, fwd R, fwd L, cl R to L (W bk
		R with R sd bk, XLIF of R strong knee bend, bk R, bk L with L
- 0	DOTT	sd bk; XRIF of L with knee bend, bk L, bk R, cl L to R);
5-8		N LINE & TCH; ROLL REV TCH SHAKE HNDS; PREP
		THE LADY TRANS VARSOUV; CROSS WALK 4;
123-	5-6	{Roll 3 & Tch Twice} With a rock sd to sd action roll LF LOD
567		I D I tab D with both badg up & albowy bont: Dall bly D I D

L, R, L, tch R with both hnds up & elbows bent; Roll bk R, L, R,

{Left Spin the Lady Trans to Varsouv} Prep steps bk L with

tch L fc ptr & shake hnds;

567-

1234

7-8

W123&4	slgt trn of lady in twd wall, cl R off the track with slgt trn of lady			
5678	out twd COH, in pl L, fwd R to Varsouv (W prep steps fwd R			
	with slght LF trn, fwd L with slght RF trn, spin LF R/L, R);			
	{Cross Walk 4} In Varsouv XLIF of R, XRIF of L, XLIF of R,			
	XRIF of L as walk LOD;			
9-12 LADY OUT	TO FC TRANS; QK SWVL BK TO BK & SWVL TO FC;			
	NDERARM PASS WITH LADY STUTTERS;;			
1-3&4 9-10	{Lady Out to Fc Trans} Fwd L, tch R to L, anchor R/L, R as			
W123&4	lead W out to fc (W fwd L, fwd & sd R trn LF, anchor L/R, L);			
1-3-	{Qk Swvl Bk to Bk & Swvl to Fc} Fwd L trn RF to bk to bk pos			
	lead hnd down free trail hnds up,-, fwd R trn LF to fc trail hnds			
12 11-12	come down,-;			
	{Left Sd Underarm Pass with Lady Stutters} Bk L, cl R off the			
W12&3&4	track, hold 2,-; in pl L/R, fwd L on the track lead W to RF			
5&67&8	underarm trn, anchor R/L, R (W fwd R, fwd L pl L hnd on his			
	chest for qk stutter steps XRIF of L/recov L, XRIB of L/recov L;			
	on a diag twd DRW fwd R/L, R trn RF under lead hnds, anchor			
44.44 NIGHT HA	L/R, L bk on track);			
13-16 INSIDE HALF WHIP RELEASE;; SOLO STUTTERS & KNEE HOP				
<u>SLIDE;;</u>	CONTRACTOR DE LA DELLA CONTRACTOR DE LA TRACTOR DE LA TRAC			
123&4 13-14	{Inside Half Whip Release} Bk L, fwd & sd R moving to W's R			
567&8	sd start LF underarm trn, sd L cont RF trn slightly/ recov fwd R			
	with R sd twd ptr, sd & bk L with R sd still twd ptr finish			
	underarm to CP; fwd R, fwd L, anchor R/L, R (W fwd R, fwd L			
	start LF underarm trn, trning LF bk R/ cl L, fwd R; bk L, bk R,			
	anchor L/R, L) end fcing LOD with no hnds joined/ starting on &			
	ct XLIF of R;			
&1&2&3& 15-16	{Solo Stutters & Knee Hop Slide} Recov R, XLIB of R/ recov			
4	R, XLIF or R/recov R, XLIB of R, recov R/hop on R lift L knee;			
&58	slide sd L draw R to L,-,-, cl R;			
REPEAT A 1-4				
REPEAT C 1-8				

REPEAT C 1-8

ENDING

1-3	CONTINUO	OUS TWINKLE 6 & ROLL 2;; KNEE HOP LUNGE,,
1234	1-2	{Cont Twinkles & Roll 2} In Varsouv same ft work fwd & sd L
5678		trn LF, cl R to L cont trn LF to fc RLOD in left Varsouv, fwd L,
		fwd & sd R trn RF; cl L to R cont trn RF to fc LOD in Varsouv,
		fwd R start roll, roll RF bk L trn ½ RF, fwd R LOD/ on & ct cont
		RF trn as hop on R lift L knee to fc wall;
&1	3	(Knee Hop, Lunge) Slide sd L with sway twd RLOD and both arms out to the sd end in tandem facing wall,-,