

MY GIRL

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Music: Temptations "MY GIRL" from Amazon

Rhythm: West Coast Swing

Phase: V +0+2 (Whip w/Change Hands Behind Back, M's Wrapped Whip)

Footwork: Opposite Unless Noted

Sequence: Intro A A mod B A Ending

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Introduction

Meas

1-4 Wait ; ; Back Cross Point w/Snaps 4 Times ; ;

1-2 LOP FCG/RL0D no hand joined lead foot free wait 2meas ; ;

- 3-4 [Bk Cross Pt w/Snaps 4 Times] Bending knees XLIB (*W XRIF*), straightening knees pt sd R with
1-3- snap, bending knees XRIB (*W XLIF*), straightening knees pt sd L with snap; Bending knees
5-7- XLIB, straightening knees pt sd R with snap, bending knees XRIB, straightening knees pt sd L
join lead hands to end in LOP FCG /RL0D;

Part A

Meas

1-8 Underarm Turn ; , Kick Ball Change ; Wrapped Whip ; ; Whip w/ Change Hands Behind Back ; ; (R Handshake) Face Loop Sugar Push w/Rocks ; ;

- 1-2 [Underarm Turn] Bk L, raising joined lead hands and leading W to pass M's right sd XRIF to W's
1 2 3&4 right sd commence RF trn, sd L/cl R, sd&fwd L complete 1/2 RF trn (*W fwd R, fwd L commence*
5&6 -8&8 *LF trn, sd R continue LF trn /XLIF continue LF trn bk R complete 1/2 LF trn to fc ptr*); Bk to
anchor R/L, R to end in LOP FCG/LOD, [Kick Ball Change] Kick L fwd & sd/cl L on ball, cl R ;
- 3-4 [Wrapped whip] Bk L to double hand hold, raising lead hands and leading W fwd XRIF trn 1/4 RF,
1 2 3&4 sd L continue RF trn lowering joined lead hands /cl R, sd & fwd L to end in Wrapped Position on
5 6 7&8 W's left side (*W fwd R, fwd L, fwd R passing under joined lead hands/cl L, bk R to end in*
Wrapped Position), XRIB commence RF trn release trail hands, sd & fwd L complete 1/2 RF trn
to fc ptr (*W bk L, bk R*), bk to anchor R/L, R to end in LOP FCG/LOD ;
- 5-6 [Whip w/Change Hands Behind Bk] Bk L, slight XRIF moving twd the W's right sd into Loose CP,
1 2 3&4 swivel 1/4 RF on R foot sd L (partial weight)/rec R trn 1/4 RF, fwd L folding W's R arm behind
5 6 7&8 her bk (*W fwd R, fwd L trn 1/2 RF, bk R/cl L, fwd R between M's feet*) to end in Mod CP ; Using R
hand take W's R hand behind her bk XRIB commence RF trn, sd&fwd L complete 1/2 RF trn (*W*
swivel sharply 1/2 RF on R foot keeping L leg close to R and under the body bk L continue RF
trn, fwd R 1 full RF trn to fc ptr), bk to anchor R/L, R to end w/R handshake M fc ptr & LOD ;
- 7-8 [Face Loop Sugar Push w/Rocks] Bk L, bk R raising joined R hands over M's head to neck and
1 2 -4 placing L hand to W's R hip, tap L slightly fwd of R, rk fwd L ; Rk bk R, fwd L leading W bk
5 6 7&8 (*W fwd R, fwd L, tap R slightly bk of R, rk bk R; rk fwd L, bk R*), bk to anchor R/L, R, to end in
LOP FCG/LOD ;

9-16 Chicken Walks 4 Slow ; ; Left Side Pass W Over Turn Swivel to Face and Point ; ; Cheek To Cheek ; , Quick Side Break and Cross ; Slow Unwind to Face ; Sailor Shuffles ;

- 9-10 [Chicken Walks 4 Slow] Small step bk L, -, small step bk R, - (*W swivel RF on L then step sd &*
1-3- *fwd R, -, swivel LF on R then step sd & fwd L, -*); Small step bk L, -, small step bk R, - (*W swivel*
5-7- *RF on L then step sd & fwd R, -, swivel LF on R then step sd & fwd L, -*);

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- 11-12 [Left Side Pass W Over Turn Swivel to Face and Point] Bk L commence LF trn, small bk R out of slot complete 1/4 LF trn leading W to pass M's left sd, sd L/cl R, fwd L trng 1/4 LF; Fwd R/XLIB, 123&4 fwd R, pt sd&fwd L and lead W swivel RF, - (*W fwd R, fwd L commence LF trn, sd R continue LF trn /XLIF continue LF trn bk R completing 1/2 LF trn momentary to fc ptr and swivel LF fc RLOD ; fwd L/XLIB, fwd L, quickly swivel RF on ball of L to fc ptr and pt fwd R, -*) to end in LOP FCG/RLOD ; 5&6 --
- 13-14 [Cheek to Cheek] Bk L, rec fwd R commence RF trn, lift left knee up continue RF trn touching M's left hip to W's right hip, XLIF trning LF to fc ptr (*W fwd R, fwd L commence LF trn, lift right knee up continue LF trn touching right hip to M's left hip, XRIF trning RF to fc ptr*); Bk to anchor R/L,R, 12-45&6 &7&8
- [Quick Side Break and Cross] Sd L/sd R, together L/XRIF;
- 15-16 [Slow Unwind to Face] Release hand hold unwind full trn LF (*WRF*) on both feet to fc ptr and join lead hands to end in LOP FCG / RLOD; ----
- 1&23&4 [Sailor Shuffles] XLIB/sd R, rec L, XRIB/sd L, rec R;

Part Amod

1-4 Man's Underarm Turn; , , Kick Ball Change ; Man's Wrapped Whip [Option : Woman Spin Ending] ; ;

- 1-2 [Man's Underarm Turn] Bk L, fwd & sd R twd W's left sd raising joined lead hands commence RF trn, sd L continue RF trn/bk & sd R completing 1/2 RF trn, fwd L (*W fwd R, fwd L commence LF trn, sd R continue LF trn /XLIF continue LF trn bk R completing 1/2 LF trn to fc ptr*); Bk to anchor R/L,R to end in LOP FCG/LOD, 1 2 3&4 5&6 -8&8
- [Kick Ball Change] Kick L fwd & sd/cl L on ball, cl R ;
- 3-4 [Man's Wrapped whip] Joining all hands bk L, raising joined lead hands to M's head sd R, cl L/cl R, lowering joined lead hands to M's R hip with joined trail hands near M's L hip sd L (*W Fwd R, fwd L commence LF trn passing M on his left side, sd R continue LF trn/XLIF continue to trn LF, sd R now facing LOD having made 1/2 trn*) to end in M's Wrapped Position ; 1 2 3&4 5 6 7&8
- Releasing trail hands bk R checking, rec L, bk to anchor R/L, R (*W fwd L passing M on his R side, swivel 1/2 LF on ball of L to fc ptr and RLOD bk R, anchor L/R, L*) to end LOP FCG/LOD ;
- OP :** (*W fwd L passing M on his R side, commence spin 1/2 LF on ball of L to fc ptr and RLOD bk R, continue spin 1/2 LF on ball of R, continue spin 1/2 LF L/R, L ;*)

5-16 Whip w/ Change Hands Behind Back ; ; (R Handshake) Face Loop Sugar Push w/Rocks ; ; Chicken Walks 4 Slow ; ; Left Side Pass W Over Turn Swivel to Face and Point ; ; Cheek To Cheek ; , , Quick Side Break and Cross ; Slow Unwind to Face ; Sailor Shuffles ;

5-16 Repeat Part A 5-16

Part B

1-12 Sd Whip ; ; Back Cross Point w/Snaps 4 Times ; ; Whip w/ Inside Turn Into Triple Travel w/Roll ; ; ; ; Tuck & Spin ; , , Sugar Bump ; ;

- 1-2 [Sd Whip] Bk L, fwd R trning 1/4 RF to L-Shaped Position placing R hand on W's back, point L to sd, hold ; Hold rotating body slightly LF to lead W to step fwd, rec L trning 1/4 LF (*W fwd R, fwd L trning RF 1/2, bk R/cl L, fwd R; fwd L, fwd R trning 1/2 LF to fc ptr*), bk to anchor R/L, R ; 1 2 - - - 6 7&8 (1 2 3&4 5 6 7&8)
- 3-4 [Bk Cross Pt w/Snaps 4 Times] Repeat meas 3-4 of Introduction ; ;
- 5-9 [Whip w/Inside Turn Into Triple Travel w/Roll] Bk L, slight XRIF moving twd the W's right sd into Loose CP, swivel 1/4 RF on R foot sd L (partial weight)/rec R trn 1/4 RF, fwd L to CP ; (*W fwd R, fwd L trng RF 1/2, bk R/cl L, fwd R*) to end in CP/LOD ; 1 2 3&4 5 6 7&8
- XRIB commence RF trn raising joined lead hands to lead W trn LF, continuing RF sd & fwd L to

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R-HND STAR /WALL, chasse twd RLOD sd R/ cl L, sd R commence RF trn 1/4 (*W fwd L under joined lead hands, fwd R turning LF 3/4 to fc COH, chasse twd RLOD sd L/cl R, sd L commence RF trn 1/4*);

1 2 3&4 Fwd L continue RF trn 3/4 ,fwd R continue RF trn 1/2 completing 1-1/2 trns to L-HAND STAR, chasse twd RLOD sd L/cl R, sd L trn 1/2 LF to R-HAND STAR (*W fwd R continue RF trn 3/4 , fwd L continue RF trn 1/2 completing 1-1/2 trns to L-HND STAR, chasse twd RLOD sd R/cl L, sd R trn 1/2 LF to R-HAND STAR*):

5&6 7&8 Chasse twd RLOD sd R/ cl L, sd R trn 1/2 RF to L-HAND STAR, chasse twd RLOD sd L/cl R, sd L commence LF trn 1/4 (*W chasse twd RLOD sd L/cl R, sd L trn 1/2 RF to L-HAND STAR, chasse twd RLOD sd R/ cl L, sd R commence LF trn 1/4*);

1 2 3&4 Fwd R continue LF trn 1/2 ,fwd L continue LF trn 1/2 (making 1 1/4 trns) (*W fwd L continue LF trn 1/2 ,fwd R continue LF trn 1/2 (making 1 1/4 trns)*) to fc ptr join lead hands, bk to anchor R/L,R to end in LOP FCG/RLOD ;

10 -12 [Tuck &Spin] Bk L, bk R bring lead hand in to center leading W to a right sd lead, tap L to R with left shoulder lead, fwd L with left sd lead to lead W's spin (*W fwd R, fwd L slight trn LF to tight LOP FCG, tch R to L, trn 1/2 RF fwd R spin 1/2 RF to fc ptr*); Bk to anchor R/L,R to end in LOP FCG/RLOD

12 -4 [Sugar Bump] Bk L, rec fwd R commence RF trn 1/4 ; Lift L knee up continue RF trn touching left hip to W' right hip continue to trn RF rolling bottoms, releasing lead hands fwd L continue RF trn to fc ptr joining lead hands (*W fwd R, fwd L commence LF trn 1/4 ; lift R knee up continue LF trn touching right hip to Ms left hip continue to trn LF rolling bottoms, releasing lead hands fwd R continue LF trn to fc ptr*), bk to anchor R/L, R to end in LOP FCG/RLOD ;

Repeat Part A

Ending

Meas

1-8+ Man's Underarm Turn ; , , Kick Ball Change ; Man's Wrapped Whip [Option : Woman Spin Ending] ; ; Whip w/ Change Hands Behind Back ; ; (R Handshake)Start Face Loop Sugar Push Rock 3 ; , , Bk ,Draw ; Embrace, ,

1-6 Repeat meas 1-6 of Part A ; ; ; ; ; ;

7-8+ [Start Face Loop Sugar Push Rock 3] Bk L, bk R raising joined R hands over M's head to neck & placing L hand to W's R hip, tap L slightly fwd of R rk fwd L ; Rk bk R, rk fwd L (*W fwd R, fwd L, tap R slightly bk of R, rk bk R; rk fwd L, rk bk R*),

-- [Bk Draw Embrace] Strongly bk R (*W fwd L*), draw L ; Embrace , - ,