

Friday Night Routine:

East coast: V Formation

- 1) 1-6 Turning Basic
- 2) 1-6 Lady's goes under arm turn
- 3) 1-6 Twist turn
- 4) 1-6 Twist turn
- 5) 1-6 Man's goes under arm turn
- 6) 1-4 Sliding door
- 7) 1-4 Sliding door
- 8) 1-2 tap rt toe to right, tap left toe left

West coast:

- 9) 1-6 Sugar Push
- 10) 1-6 Left side pass
- 11) 1-6 Turning left side pass
- 12) 1-6 Sugar Tuck
- 13) 1-6 Sugar Burst
- 14) **1-10 Cut-Off Reverse V Formation**
- 15) 1-8 Slow Sugar push
- 16) 1-8 Basket Whip
- 17) 1-8 Whip with Outside turn

East coast Transition: V Formation

- 18) 1-6 Travelling Turning Basic
- 19) 1-6 Travelling Turning Basic
- 20) 1-6 Basic
- 21) 1-6 Ladies double turn, then 8 count Walk to cluster

West Coast: Cluster to Circle Formation

- 22) 1-8 Heal toe heal, snap right. Heal toe heal, snap left
- 23) 1-8 two steps out into sugar push
- 24) 1-8 Under arm turn, Man turns on 5-6 anchor on 7-8 (hand change)
- 25) 1-8 Extended left side pass lady's outside turn on 5-6 anchor on 7-8
- 26) 1-8 Fold into partner change
- 27) 1-8 Wrap around man lady's outside turn on 5-6 anchor on 7-8
- 28) 1-8 Sugar tuck arm styling lady's outside turn on 5-6 right leg draws around 7-8
- 29) 1-8 Fold lady's outside turn change partners

East Coast Transition:

- 30) 1-6 Basic
- 31) 1-8 Throw out fold, point right hold, point left hold
- 32) 1-6 Point right, left, right, left, right, left. Man leads woman to line formation

West Coast: Straight Line

- Repeat 1st west coast **9-12** (skip **13-15**) Repeat **16-17**
- 33) add 8 count open whip to transition to V

East Coast: V Formation (Transition to Waltz V)

- Repeat 1st east coast **1-6**, (includes 1 sliding door). Then sway, sway to **start Waltz**

