

West Coast Swing - Sugar Push

By Chris & Terri Cantrell

(Technique & styling are always evolving and may differ depending on many factors. The information below is based on information we have gleaned from a variety of sources. Your experience may differ.)

Man:

Step #	Timing	Count	Action	Notes
1	Slow	1,	Walk back L	· Begin in open facing position, lead hands joined (his left - her right) · Invite the woman to move forward on her first two steps by stepping back and bringing your left arm-her right arm with you
2	Slow	2,	Walk back R	· Leave L in place · Bring right palm up to stop the woman*
3	Quick	3	Recover onto L	· Easier Option: Replace the 3&4 count (triple – quick quick slow) with a count of 34 (slow slow) - Tap L with no weight, recover onto L; · Another Option: Instead of recovering onto the L - cross the L in front of the R, recover onto R, step forward onto L; (XLIF of R, rec R, fwd L)
4	Quick	&	Cross R in back of L	
5	Slow	4;	Back L	
6	Quick	1	Cross R in back of L	· Anchor Step 5&6
7	Quick	&	Recover onto L	· Option (though not recommended): Coaster Step (bk r, cls L to R, fwd R)
8	Slow	2,,	Side & Back R	· End in open facing position, lead hands joined (where you began)

* Men, during your second back step (count 2) give the woman a firm but resilient 'wall' for her to brace against by bringing your right arm, bent at the elbow, close to your side with your right palm facing her chest-waist region. She will meet his right palm with her left palm with the softness or firmness she prefers. Woman, for firmer contact bend your left elbow sharply bringing it in towards your body. Men, match the pressure she puts on your right hand. This gives the woman the bracing she needs to do whatever footwork (triple step, tap step, or a syncopation) & rotation (up to a quarter right face) she wants to in the middle section (3&4) of the sugar push and assists the woman in stepping back on count 4. The resistance also gives the man the ability to easily vary his footwork (triple step, tap step, or a syncopation) on the 3&4 if he desires.

Woman:

Step #	Timing	Count	Action	Notes
1	Slow	1,	Walk forward R	· Begin in open facing position, lead hands joined (his left - her right)
2	Slow	2,	Walk forward L	· Leave L in place. Bring left palm to man's right palm for the resistance needed to complete steps 3&4 (see * under Man's footwork).
3	Quick	3	Cross R in back of L	· Count 3 - rotate up to a quarter turn right face · At the end of Count 4 return to face partner (left face) · Easier Option: Replace count 3&4 (triple) with a count of 34 – Tap L behind R with no weight, step back onto R;
4	Quick	&	Cross L if front of R	
5	Slow	4;	Back R	
6	Quick	1	Cross L in back of R	· Anchor Step 5&6
7	Quick	&	Recover onto R	· Option (though not recommended): Coaster Step (bk r, cls L to R, fwd R)
8	Slow	2,,	Side & Back L	· End in open facing position, lead hands joined (where you began)

Video Clip: This clip shows an older method of the sugar push where the man steps in place on counts 3&4 and both step in place on the anchor step. <http://www.ballroomdancers.com/Dances/media.asp?Dance=WCS&StepNum=360>

Modifications: There are a multitude of variations and syncopations that can be done by replacing or modifying any or all parts of the figure.

Variations generally require some type of lead. The ones listed below occur during or in place of the middle triple or touch step:

- **Sugar Tuck & Spin:** A sugar push, with a tuck. Man assists woman to swivel slightly LF on count 3. He then invites her to spin a full turn RF on count &4.
- **Face Loop Sugar Push** (aka Hip Push): Man brings his left & her right arms over his head at end of count 2. As she rotates up to ¼th RF the arms also loop over her head. The man places his right hand on her left hip to stop her momentum and assist in her reversing direction.
- **Handshake Face Loop Sugar Push:** Begin in a handshake (right hands). Man brings the arms over his head at end of count 2. She can rotate slightly LF. He places his left hand on her right hip to stop her momentum and assist in her reversing direction.



- **Double Face Loop Sugar Push:** Begin with a double crossed handhold with right-right on top. Man brings their right-right arms up over his head for a face loop at the end of count 2. She rotates slightly RF on count 3& and he brings their left-left arms up over his head and down to his shoulder as she moves away on count 4.
- **Body Wave (or Ripple) Sugar Push:** Replace with a body wave or body ripple. WAVE Down: Start by moving your head forward, then shoulders forward, then chest, stomach, hips, and knees. OR RIPPLE Up: Begin by moving the knees forward, then hips, stomach, chest, shoulders, and head. Ripple up. You may finish the figure with a very quick step back and anchor step or take more time and end with the wave or ripple.
- **Sugar Push Kick:** On count 4 both kick to the side (he left – her right) and hold for the remainder of the figure.
- **Sugar Push Extensions:** A sugar push is usually a 6-count figure. A wide variety of things can be added in the middle to extend the figure to eight or more counts. For example, after doing 3&4 add two lock steps [fwd L/XRIB of L, fwd L (W bk R/XLIF of R, bk R)] before completing the figure with an anchor step.

Syncopation: Syncopations can be done at any time by either person as long as they do not interfere with what your partner is doing. They can occur on any part of the figure, the beginning, middle, or the end and include changes in rhythm, footwork, and/or bodywork. Triple steps are not considered to be syncopations unless you vary the timing from the standard 1&2. The timing for the examples below includes the actions as well as the actual weight changes.

Beginning: Replace the walk 2 with

- Kick Ball Change [Timing: &12 or 1&2]
- Heel Ball Change [Timing: &12 or 1&2]
- Point Ball Change [Timing: &12 or 1&2]
- Point Step [Timing: 12]

Middle: Replace the triple or touch step

- **Hesitate** before taking the first step for an “&” count [Timing: &34 or &3-&]
- **Flick Step:** Flick left foot in front of R, step side & back L (W: rotate one-quarter right face, flick R foot behind trail foot no weight, step side R & rotate to face man) [Timing: 34]
- **Kick & Triple:** Kick to the side (he left – her right), triple diagonally forward (her back), anchor step [Timing: &3&4]

Ending: Replace or modify the anchor step

- **Overturn the Anchor:** Overturn the first step of the anchor step to face away from your partner on the first step and turn to face your partner at the end of the third step [Timing: &1&2&]
- **Kick to the 4 & Step:** Kick your trail foot in front of your lead foot, place the ankle of your trail foot on your lead foot’s knee, step side with your trail foot [Timing: 1&2 or &12]
- **Point, Step, Point:** Point trail foot (M: right – W: left), step on trail foot, point lead foot
- **Step, Point, Step, Point, Step:** Step in place trail foot, point lead, step in place lead, point trail, step in place lead [Timing: &1&2&]
- **Cross, Cross, Step:** XRIF of L (W: XLIF of R), XLIF of R (W: XRIF of L), step in place trail foot [Timing: 1&2]
- **Out, Out, In, In, Step:** Step out to the side with your trail foot, sd lead, step in trail, step in lead, step in place & take weight on trail foot



Additional information on syncopations can be found in the Universal Round Dance Council (URDC) Technical Manual (<http://www.danceurdc.org>), Wayne & Donna Slotsve (Dance106@aol.com), Buddy Schwimmer WCS Syncopation video tapes, us (dance@ctkr.com), or other Round Dance & Ballroom couples who have choreographed and/or perfected WCS)

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