

# West Coast Swing

## Basic Figure Types

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*(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.)*



There are four types of West Coast Swing figures: Sugar, Passing, Whip, and Other. In Sugar figures the woman moves, or turns, in her slot but does not pass the man. The woman does pass the man in Passing figures while still staying in her slot. Whips have the man rotating around the woman as she turns or moves in her slot. Other naturally includes all the figures that break the rules within one of the previously listed groups.

### Sugar Figures: The basic sugar figures

- Six-Count 1,2,3&4; 1&2,, (slow slow triple triple)
- Easier modification for some sugar figures: 1,2,3,4; 1&2,, (slow slow slow slow triple)
- 1½ measures of music
- Begin with two walking steps (1,2,) - backwards for the man and forward for the woman
- The woman does not pass the man in sugar figures
- Examples: Sugar Push, Sugar Bump, Cheek to Cheek, Sugar Tuck & Spin, Face Loop Sugar Push, Sugar Toe Heel Swivels...



### Passing Figures: The basic passing figures

- Six-Count 1,2,3&4; 1&2,, (slow slow triple triple)
- Woman passes the man while staying in her slot
- The man's first step is a backwards walking step (1,) to indicate to her to come forward. The second step (2,) is Forward & Side to either his left or right. This moves him out of the slot so that the woman can pass him while remaining in her slot.
- The woman takes two forward walking steps catching up to the man, but not passing him yet. The pass normally occurs on counts 3&4 (triple).
- Examples: Left Side Pass, Left Side Pass with Tuck & Spin, Right Side Pass, Underarm Turn, Man's Underarm Turn, Traveling Side Pass, Underarm Turn to Hammerlock, Throwout...

### Whip Figures: The basic whip figures

- Eight-Count 1,2,3&4; 1,2,3&4; (slow slow triple; slow slow triple)
- Man rotates around the woman as she turns or moves in her slot
- The man's first step is a backwards walking step (1,) to indicate to her to come forward. The second step (2,) is Forward & Side to his left. This moves him out of the slot so that the woman can remain in her slot.
- The woman takes two forward walking steps catching up to the man
- Examples: Whip Turn, Wrapped Whip, Locked Whip, Tummy Whip, Whip with Inside Turn, Whip with Outside Turn, Underarm Whip, Side Whip, Surprise Whip, Double Whip, Triple Whip...

### Other:

- Anything goes
- Can include jive and east coast swing figures, e.g. Sailor Shuffles, Neck Slide, Chicken Walks, Jitterbug Wheel...
- Examples: Turning Basic, Cheerleader, Triple Travel, Quick & Slow Breaks