STROLLIN' WEST COAST

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RECORD: COLL 4236; TITLE, The Stroll - By The Diamonds.   *44-45 rpms*
FOOTWORK: OPPOSITE. Directions For Man Unless Otherwise Indicated.
ROUNDALAB PHASE: IV +2 (Triple Travel With Roll, Whip Turn).
RHYTHM: WEST COAST SWING
SEQUENCE: INTRO A A B A END

INTRO (scp lod):
(1 - 4) 1 MEAS WT; 2 POINT STEPS; SWVL 4; THROWOUT;
In SCP fcg LOD Wt 1 Meas; Look LOD Pt L fwd, Fwd L, Comm head trn to look twds RLOD Pt R fwd, Fwd R comm trn head to look LOD; Swvl RF (W LF) Fwd L, Swvl LF (W RF) Fwd R, Swvl RF (W LF) Fwd L, Swvl LF (W RF) Fwd R; Fwd L/Cls R to L, Fwd L, SIP R/L, Bk R (W trn LF Fwd R/XLif, cont trn Sd & Bk to fc RLOD, SIP L/R, L);

A (lop fcg lod/rlod/lod):
(1 - 4) SUGAR PUSH-KICK BALL CHG;; CHICKENS - 2 SLOW - 4 QUICK;;
Bk L, Bk R, Tch L to R, Fwd L (W Fwd R, Fwd L, Tch R to L, Bk R); SIP R/L, Bk R (W SIP L/R, L), Kick L Fwd/Stp on Ball of L, Cls R; Bk L,-, Bk R (W Fwd R Swvl RF,-, Fwd L Swvl LF),-; Bk L, Bk R, Bk L, Bk R (W Fwd R Swvl RF, Fwd L Swvl LF, Fwd R Swvl RF, Fwd L Swvl LF);
(5 - 8) THROWOUT; LEFT SD PASS both fc *wall-TURKEY WK 6 fc *rlod;;;
Trn shrply LF Bk & Sd L/Cls R to L, Sd & Fwd L to fc *RLOD, SIP R/L, Bk R (W trn LF Fwd R/XLif, cont trn Sd & Bk R to fc *LOD, SIP L/R, L); Trn shrply LF Bk & Sd L, Cls R, Sd L/Cls R, Sd L to fc *Wall (W Fwd R, Fwd L, Trn LF Fwd R/XLif, Sd & Bk R trn shrply LF to fc *Wall); Sd R/Cls L, Sd R smll stp (W Sd L/Cls R, Sd L smll stp), Bth fcg *Wall Ext bth hnds hnds out to sd palms out and wagging same Sd L, Cls R (W Passg ifo M Sd R, Cls L); Sd L, Cls R, Trn RF (W LF) Sd & Bk L, Cls R to L to LOP fcg *RLOD; *{*Note - 2nd time thru fcg directions are reversed}*
(9 -12) WHIP TURN;; SD BREAKS - 2 SLOW - 4 QUICK;;
Bk L, Rec R (W Fwd R, Fwd L) comm RF trn, Sd & Fwd L/Rec R cont trn fc *LOD, Fwd L (W cont trn fc *RLOD Bk R/Cls L, Fwd R betw M's ft) to CP *LOD; XRib cont trn, Sd & Bk L (W Fwd L cont trn, Sd & Bk R) to LOP fcg *RLOD, SIP R/L, Bk R (W SIP L/R, L); Sd L/Sd R,-, Cls L/Cls R,-; Sd L/Sd R, Cls L/ClsR, Sd L/Sd R, Cls L/Cls R; *{*Note - 2nd time thru fcg directions are reversed}*

B (lop fcg lod):
(1 - 6) UNDERARM TURN to TRIPLE TRAVEL with ROLL-TUCK & SPN;;;;;; (lop fcg rlod)
Comm RF trn Bk L, Rec R cont trn to fc *Wall, Sd L/Cls R, Sd L (W Fwd R, Fwd L, Fwd R comm LF trn undr jnd ld hnds/XLif cont trn, Bk & Sd R cont trn) to fc ptr joining R hnds in RH star pos'n; Sd R/Cls L, Sd & Fwd R (W Sd & Bk L) comm 1-1/2 RF roll, Fwd & Sd L cont roll, Sd & Bk R cont roll to LH star M fcg *COH; Sd L/Cls R, Sd L trn LF (W LF) 1/2 to RH star pos'n M fcg *Wall, Sd R/Cls L, Sd R trn RF (W RF) 1/2 to LH star pos'n M fcg *COH; Sd L/Cls R, Sd & Fwd L (W Sd & Bk R) comm 1-1/4 LF roll, Fwd & Sd R cont roll, Bk & Sd L cont roll to fc *RLOD jn ld hnds; SIP R/L, Bk R (W SIP L/R, L), Bk L, Bk R (W Fwd R, Fwd L); Tch L to R in low BFY, Fwd L relsg hnd hlds, SIP R/L, Bk R (W Tch R to L, Fwd R pushg off M's L hnd spinng RF to fc M, SIP L/R, L);
(7 -12) UNDERARM TURN to TRIPLE TRAVEL with ROLL-TUCK & SPN;;;;;; (lop fcg lod)
Repeat Part B, Meas 1-6 to fc lod in LOP;;;;;; *{*Note – fcg directions are reversed.}*

END (lop fcg rlod):
(1 – 5) BK 4 TO SCP; 2 PT STEPS; SWVL 4; THROWOUT; PT SD & HOLD;
Bk L, Bk R trn shrply LF, Sd L blndg SCP, Fwd R (W Fwd R, Fwd L, Fwd R, Fwd L) blending to SCP LOD; Repeat INTRO Meas 2-4;;;; Pt L Sd twds COH,-,-,-;