

## West Coast Swing Figures and Sources for How to Dance Them

The following figures are those standardized by Roundalab on behalf of the round dance movement. There are variations of these figures as well as unphased figures which are found in many dances.		
Roundalab Standard Figures		
Phase 4		
Anchor Coaster Step French Cross Left Side Pass Man's Underarm Turn	Push Break Right Side Pass Side Breaks Sugar Push Throwout	Tuck & Spin Underarm Turn Wrapped Whip
Phase 5		
Alternating Underarm Turn Cheek to Cheek Faceloop Half Whip Hook Turn Side Whip	Straight Whip Sugar Bump Sugar Toe Heel Crosses Sugar Wrap Knee Lift Unwrap Surprise Whip	Triple Travel w/Roll Tummy Whip Turkey Walks Whip Turn
Phase 6		
Cheerleader Rock Whip	Sugar Push Hook Turn Traveling Side Pass	Whip Inside Turn Whip Outside Turn

[Roundalab.org](http://Roundalab.org), defining figures on behalf of the round dance movement, offers subscriptions to Manuals (defining figures) and to Videos of each figure.

[ICBDA.com](http://ICBDA.com) provides to [members](#) a Technical Advisory Committee (TAC) manual with information about the more advanced figures (4-6) and has past convention clinic videos for sale.

### **Clinic Notes from ICBDA Conventions** (*West Coast Swing*)

ICBDA [members](#) also may freely download the following articles located on left-hand menu of **ICBDA member home** page under "**Past Convention Syllabus.**" Select the convention year and scroll to the page number.

### **West Coast Swing**

<u>Year: Page</u>	<u>Presenter/s</u>	<u>Title</u>
2023: 33	Bob & Sally Nolen	"West Coast Swing Clinic Phase III/IV"
2021: 33-34	Randy Lewis & Debbie Olson	"West Coast Clinic Notes"
2017: 41-42	Linda & Paul Robinson	"WCS Clinic - Phase 4: Otherwise Known as: Savoy Style Lindy, Sophisticated Swing, Western Swing, and Slop"
2015: 40-41	Mark & Pam Prow	"West Coast Swing"

## West Coast Swing Figures and Sources for How to Dance Them

2012: 29-30	Mark & Pam Prow	West Coast Swing: A Quarter Century after 'Mint Julep'"
2012: 34-36	Bob & Sally Nolen	"A Workshop on West Coast Swing for Phase III-IV Dancers"
2012: 38-39	Paul & Linda Robinson	"West Coast Swing Notes"
2010: 115-116	Brent & Judy Moore	
2010: 117-118	Chris & Terri Cantrell	
2007: 71-73	Mark & Pam Prow	"West Coast Swing Clinic Notes"
2006: 71-73	Jerry & Diana Broadwater	"West Coast Swing Technique: The Granddaughter of All Swing"
1992: 42-47	Roy & Sally Plaisance	"Western Swing - West Coast Swing"
1991: 69-70	Brent & Mickey Moore	"West Coast Swing Notes"
1990: 59B-60B	Larry Segall & Elaine Andrews	"West Coast Swing"
1989: 44-47	Ed & Gloria Kilner	"West Coast Swing Basics"