

VELVET WEST COAST

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Choreographers: Donna Stewart 1332 Old Carriage Ln, Winchester, ON KOC 2K0
email: donnas2ndhome@me.com and
Leo Zofrea 2008 Graham Ranch Rd., Fort Worth, TX 76134
email: mozzarrellaboy@mail.com
Music: Alannah Myles CD [Black Velvet] - Track 3 - iTunes
Time: Time: Modified to 2:37- CD version 4:02 - Contact Choreographers RE: Modifications
Footwork: Opposite unless noted(Woman's footwork in parentheses)
Rhythm/Phase: West Coast Swing/Phase V + 1 [Body Ripple]
Degree of Difficulty: Average - Difficult
Sequence: INTRO, A, B, C, D, C [MOD], END

INTRODUCTION

WAIT 4 QUICK BEATS [APPROX. 1/2 MEASURE] FACING PTR/WALL 8 FEET APART WITH LEAD FEET FREE....

1-3 FOUR POINT STEPS TOGETHER;; THROWOUT;

- 1 {4 Pt Stps} Pt fwd w/ outsd edge of ld ft in contact w/ floor/take sm fwd stp w/ same ft,, pt fwd w/ outsd edge of trl ft in contact w/ floor/take sm fwd stp w/ same ft;
- 2 Rpt 1 ending in low BFLY;
- 3 {Throwout} In low BFLY stp fwd & sd L (W sd & bk R) comm to trn LF/cl R, fwd L (W sd & bk R), anchor stp [behind/sd, sd ending in LOFP LOD];

4-8 SUGAR PUSH ~ LEFT SIDE PASS;;; TUMMY WHIP;;

- 4-6 {Sugar Push} Fcg LOD, stp bk L (W fwd R), sd R/sd L and tch (W fwd L, cl R/stp L), stp fwd L gently pushing W away (W bk R); bth Anchor stp [behind/sd, sd] ~
{L Side Pass} Fcg LOD stp bk L comm LF turn ldg W straight fwd dwn her slot, stp sm bk R out of the slot and cont trng ldg W fwd L to pass on M's L sd (W begins LF trn), stp sd/cl, fwd into the slot (W stps sd R turning LF/XLIF trng, bck R) having compd 1/2 to RLOFP; bth anchor stp;;;
- 7-8 {Tummy Whip 1st Half} Fcg RLOD stp bk L, rec fwd R stpg off track to W's R sd relg ld hnds and plcg R hnd on frnt of W's R hip as M mvs RF arnd her, sd and bk L trn/cl R, sd & fwd L (W stps fwd, fwd, fwd/cl, bk & she can xtnd her arms in frnt of her) [It sort of looks like M is stopping W's mvt & W is lung fwd a bit into M's R hnd];
{Tummy Whip 2nd Half} XRIB trng RF, fwd L trn RF to fc ptr/RLOD (W bk, bk), bth anchor stp;

PART A

1-5 SIDE WHIP;; MAN'S UNDERARM TURN ~ TUCK AND SPIN;;;

- 1-2 {Side Whip} In RLOFP stp bk L (W fwd R), fwd/sd R to W's R sd, stpg fwd L on ball of ft/taking partial wt only on bent knee [press]/trng upper bdy 1/4 RF to COH in an L-pos w/hand on W's bk (W fwd L trng 1/2 RF to fc RLOD), hld (W bk R/cl L); hld (W fwd R); hold (W fwd L), rec L (W fwd R trng 1/2 LF to fc LOD), bth anchor stp;
- 3-5 {M's Undrm Trn} In RLOFP stp bk L (W fwd R), fwd R trng 1/4 RF undr jnd ld hnds passing on W's L sd (W fwd L trng 1/4 LF), sd L trng 1/4 RF/bk R (W sd R trng/XLIF of R compg another 1/4 LF trn), fwd R; bth anchor stp [ends in LOFP LOD] ~
{Tuck and Spin} In LOFP LOD stp bk L (W fwd R), bk R bringing ld hnds into M's center ldg W to a R sd ld (W fwd L trng slightly LF to tight LOFP), tch L ft to R ft w/ L shldr ld tucking W in [LF rotation for her] (W tch R ft to L ft), ck W's rotation/ldg her to spin 1/2 RF (W spin RF 1/2 trn on R ft); bth anchor stp (W compg a full RF trn);;

6-8 MAN'S UNDERARM TURN ~ TUCK AND SPIN;;; [Repeat 3-5 in opp fcg directions]

- 6-8 {M's Undrm Trn} Stg in LOFP and ending in RLOFP ~
{Tuck and Spin} stg in RLOFP and ending in RLOFP;;;

PART B

1-4 WHIP TURN;; TUMMY WHIP;;

1-2 {Whip Turn} In RLOFP stp bk L (W fwd R), rec fwd R stpg off the track to W's R/beginning to trn RF ldg W to trn RF (W fwd L trng sharply 1/2 RF), w/ M's R hnd on W's bk he stps sd and bk L trn/cl R, sd & fwd L (W stps bk L/cl R, fwd R) to CP/LOD; XRIB of L trng RF, fwd L retrng to the track (W trns 1/2 RF and stps bk L, bk R) to RLOFP, bth anchor stp;

3-4 {Tummy Whip 1st Half} Stp bk L, rec fwd R stpg off track to W's R sd relg ld hnds and plcg R hnd on frnt of W's R hip as M mvs RF arnd her, sd and bk L trn/cl R, sd & fwd L (W stps fwd, fwd, fwd/cl, bk & she can xtnd her arms in frnt of her) [It sort of looks like M is stopping W's mvt & W is lung fwd a bit into M's R hnd];
{Tummy Whip 2nd Half} XRIB trng RF, fwd L trn RF to fc ptr/RLOD (W bk, bk), bth anchor stp;

PART C

1-5 SIDE WHIP;; UNDERARM TURN TO HANDSHAKE ~ FACE LOOP SUGAR PUSH;;;

1-2 {Side Whip} In RLOFP stp bk L (W fwd R), fwd/sd R to W's R sd, stpg fwd L on ball of ft/taking partial wt only on bent knee [press]/trng upper bdy 1/4 RF to COH in an L-pos w/hand on W's bk (W fwd L trng 1/2 RF to fc RLOD), hld (W bk R/cl L); hld (W fwd R); hold (W fwd L), rec L (W fwd R trng 1/2 LF to fc RLOD), bth anchor stp;

3-5 {Undrm Trn} In RLOFP stp bk L (W fwd R), raising jnd ld hnds and ldg W to pass M's R sd XRIF of L to W's R sd commg RF trn (W fwd L commg LF trn), sd L/cl R, sd and fwd L compg 1/2 RF trn (W sd R contg trn/XLIF of R contg trn, bk R compg 1/2 LF trn to face partner); bth anchor stp fcg LOD in HNDSHK ~
{FC Loop Sugar Push} In LOFP bk L (W fwd R), bk and sd R w/ slight RF bdy trn (W fwd L w/ slight RF trn), plc jnd R hnds over M's hd to neck/plc M's free hnd to Ws R hip/sd L and tch (W cl R/stp L plcg jnd R hnds over M's hd to neck and plcg her free hnd to Ms R hip [very close and cozy], stp fwd L gently pushing W awy (W bk R); bth anchor stp [behind/sd, sd] ~

6-9 UNDERARM TURN TO HANDSHAKE~ FACE LOOP SUGAR PUSH;;; LEFT SIDE PASS IN 4;

6-8 {Undrm Trn} In LOFP stp bk L (W fwd R), raising jnd ld hnds and ldg W to pass M's R sd XRIF of L to W's R sd commg RF trn (W fwd L commg LF trn), sd L/cl R, sd and fwd L compg 1/2 RF trn (W sd R contg trn/XLIF of R contg trn, bk R compg 1/2 LF trn to face partner); bth anchor stp fcg RLOD in HNDSHK ~
{FC Loop Sugar Push} In RLOFP bk L (W fwd R), bk and sd R w/ slight RF bdy trn (W fwd L w/ slight RF trn), plc jnd R hnds over M's hd to neck/plc M's free hnd to Ws R hip/sd L and tch (W cl R/stp L plcg jnd R hnds over M's hd to neck and plcg her free hnd to Ms R hip [very close and cozy], stp fwd L gently pushing W awy (W bk R); bth anchor stp [behind/sd, sd];

9 {L Sd Pass} In RLOFP stp bk L commg to trn LF ldg W straight fwd on the track (W fwd R), stp sm bk R off the track contg to turn LF ldg W fwd L passing on M's L sd (W fwd L beginning a LF turn), step sd/fwd L compg LF trn (W bk/sd R L compg LF trn), cl R (W cl L) to fc ptr in LOP LOD[no anchor stp];

PART D

1-4 WHIP TURN;; PASSING TUCK AND SPIN ~ QUICK HIP ROCKS FORWARD AND BACK;;

1-2 {Whip Turn} In LOFP stp bk L (W fwd R), rec fwd R stpg off the track to W's R/beginning to trn RF ldg W to trn RF (W fwd L trng sharply 1/2 RF), w/ M's R hnd on W's bk he stps sd and bk L trn/cl R, sd & fwd L (W stps bk L/cl R, fwd R) to CP/RLOD; XRIB of L trng RF, fwd L retrng to the track (W trns 1/2 RF and stps bk L, bk R) to LOFP LOD, bth anchor stp;

3-4 {Passing Tuck and Spin} Fcg LOD bk L trng slightly LF, bk R to fc WALL, tch L tucking W in, trng LF fwd L (W fwd R, fwd L trng LF to fc M, tap R, fwd R trng RF 1/2 to fc M) fcg RLOD; bth anchor stp, ~
{Quick Hip Rocks} Roll hip sd/fwd[one beat], roll hip sd/bk [one beat];

5-8 WRAPPED WHIP;; SWIVELS [BACK-BACK AND FACE-FACE]; BODY RIPPLE;

5-6 {Wrapped Whip} Fcg RLOD bk L, XRif of L trng RF to W's R while raising jnd L hnds/leaving jnd R hnds low, sm sd/fwd L, rec R trng RF, sd L (W fwd R, fwd L, fwd R/cl L, bk R) to tandem LOD W slightly to R of M; XRIB of L trng RF raising jnd R hnds/keeping L hnds low allowing W to bk under R hnds, fwd L contg RF to fc ptr/RLOD,

both anchor stp;

- 7 {Swivels} Fcg RLOD shift wt fwd on L ft/rise on trl ft/xtndg jnd ld hnds dwnwrdr/rotating RF to a bk-bk pos w/ptr twd COH/trlg hnds xtnded skyward - in 2 beats,, rec lowering on R ft/rotating LF/retrng hnds and arms to startg pos fcg ptr (W shift wt fwd on R ft/rise on trl ft/rotating LF to a bk-bk pos w/ptr twd COH/trlg hnds xtnded skyward in 2 beats,, bth rec by lowering into skateboard pos [feet in fig 7 pos w/ knees bent w/ M's R (W's L) hip pointing away from ptr/weight more on trlg ft]
- 8 {Body Ripple in 4} Retaining ld hnd hld/and without mvg feet /in the skateboard pos [in a reverse S slithery pattern] extend hips sideways twd ptr, then sideways away from ptr, then sideways twd ptr again, and finally sideways away from ptr, while simultaneously slowly rising to normal position;

9-17 BACK CROSS POINT STEPS;; UNDERARM TURN; TRIPLE TRAVEL WITH ROLL ~ WRAPPED WHIP;;;

- 9 {Back Cross Point Steps} Fcg RLOD jng ld hnds/XLIB, point R slightly to side +bk, XRIB, point L slightly to side +bk (XRIF point L slightly to side +fwd, XLIF, point R slightly to side +fwd);
- 10 Rpt #9;
- 11 {Undrm Trn [In One Measure]} In RLOFP stp bk L (W fwd R), raising jnd ld hnds and ldg W to pass M's R sd XRIF of L to W's R sd commg 1/4 RF trn (W fwd L commg LF trn), sd L/cl R, sd and fwd L to fc COH jng R hnds palm to palm (W fwd R/XLif, bk R twd RLOD passing M und jnd hnds trng LF ¾ on last stp to fc WALL);
- 12-17 {Triple Travel W/ Roll} Sd R/cl L, sd R [normally would have been the anchor stp from #11], pushing lightly against ptr's R hnd fwd L trng RF, fwd R contg RF trn 1 1/2 times to fc WALL jng L hnds palm to palm (W sd L/cl R, sd L, fwd R trng RF, fwd L contg RF trn 1 1/2 times to fc COH); sd L/cl R, pushing lightly against ptr's L hnd sd L trng LF 1/2 to fc COH jng R hnds palm to palm (W sd R/cl L, sd R trng RF 1/2 to fc WALL), sd R/cl L, pushing lightly against ptr's R hnd sd R trng RF 1/2 to fc WALL jng L hnds palm to palm (W sd L/cl R, sd L trng LF 1/2 to fc COH); sd L/cl R, sd L, pushing lightly against ptr's L hnd fwd R trng LF, fwd L contg LF trn 1 1/4 jng ld hnds to fc LOD/ptr (W sd R/cl L, sd R, fwd L trng RF, fwd R contg RF trn 1 1/4 to fc RLOD); bth anchor stp ~
- {Wrapped Whip} Fcg LOD bk L, XRif of L trng RF to W's R while raising jnd L hnds/leaving jnd R hnds low, sm sd/fwd L, rec R trng RF, sd L (W fwd R, fwd L, fwd R/cl L, bk R) to tandem [DIR ?] W slightly to R of M; XRib of L trng RF raising jnd R hnds/keeping L hnds low allowing W to bk under R hnds, fwd L contg RF to fc ptr/LOD, bth anchor stp;

PART C [MOD]

1-6 SIDE WHIP;; UNDRM TRN TO HANDSHAKE~ FACE LOOP SUGAR PUSH;;; UNDERARRM TRN TO HANDSHAKE ~ HOLD;;;

- 1-2 {Side Whip} fCG LOD stp bk L (W fwd R), fwd/sd R to W's R sd, stpg fwd L on ball of ft/taking partial wt only on bent knee [press]/trng upper bdy 1/4 RF to COH in an L-pos w/hand on W's bk (W fwd L trng 1/2 RF to fc RLOD), hld (W bk R/cl L); hld (W fwd R); hold (W fwd L), rec L (W fwd R trng 1/2 LF to fc RLOD), bth anchor stp;
- 3-5 {Undrm Trn} fcg LOD stp bk L (W fwd R), raising jnd ld hnds and ldg W to pass M's R sd XRIF of L to W's R sd commg RF trn (W fwd L commg LF trn), sd L/cl R, sd and fwd L compg 1/2 RF trn (W sd R contg trn/XLIF of R contg trn, bk R compg 1/2 LF trn to face partner); bth anchor stp fcg RLOD to HNDSHK ~
- {FC Loop Sugar Push} Fcg RLOD bk L (W fwd R), bk and sd R w/ slight RF bdy trn (W fwd L w/ slight RF trn), plc jnd R hnds over M's hd to neck/plc M's free hnd to Ws R hip/sd L and tch (W cl R/stp L plc jnd R hnds over M's hd to neck and plc her free hnd to Ms R hip [very close and cozy], stp fwd L gently pushing W away (W bk R); bth anchor stp [behind/sd, sd] ~
- 6-8 {Undrm Trn} Fcg RLOD stp bk L (W fwd R), raising jnd ld hnds and ldg W to pass M's R sd XRIF of L to W's R sd commg RF trn (W fwd L commg LF trn), sd L/cl R, sd and fwd L compg 1/2 RF trn (W sd R contg trn/XLIF of R contg trn, bk R compg 1/2 LF trn to face partner); bth anchor stp fcg LOD to HNDSHK ~
- {Hold for 6 Beats} Fcg LOD;;;

END

1-6 FACE LOOP SUGAR PUSH ~ M RK/REC (W WALK 2) TO A THROWOUT;;; BACK CROSS POINT STEPS [BOTH M AND W];;

- 1-3 {Face Loop Sugar Push} Fcg LOD stp bk L (W fwd R), sd R/sd L and tch (W fwd L, cl R/stp L), stp fwd L gently pushing W awy (W bk R); bth Anchor stp [behind/sd, sd] ~
{Rk/Rec To A Throwout} Fcg LOD stp bk L/rec R (W stp fwd R, stp fwd L),, in low BFLY stp fwd & sd L comm to trn 1/4 LF, cl R, fwd L to fc ptr/WALL (W sd & bk R comm to trn 1/4 LF, cl L, sd/bk R to fc ptr/COH); anchor stp w/ hnds on hips;;;
- 4-6 {Back Cross Point Steps} XLIB, point R slightly to side +bk, XRIB, point L slightly to side +bk (XRIF point L slightly to side +fwd, XLIF, point R slightly to side +fwd);
Rpt #9 rpt for as long as music lasts