

Triple Swing Two Hand Catch and Spin

| | | Man's | | Ladies | |
|--|------|-------|---|--------|---|
| Phase | Time | Foot | Details | Foot | Details |
| Right hand Loop | 1 | L | Side, Lead her past your right with right hand (turn a little to face her) | R | Forward, He is leading you past him, to your left |
| | and | R | Together, Right hand passes behind head | L | Together |
| | 2 | L | Side Your right hand lands on your left shoulder | R | Forward |
| Hand Change (the Catch) | 3 | R | Side Bring right hand down You should be cross armed | L | Side, Keep facing him |
| | and | L | Together Release hands | R | Together |
| | 4 | R | Side Catch her hands at you side | L | Side You are facing his back |
| Opposition Rock | 5 | L | FORWARD ROCK | R | Back |
| | 6 | R | Replace | L | Replace |
| Lead into spin | 1 | L | Side Lead her passed you with you left | R | Forward |
| | and | R | Together Keep you left hand low | L | Together |
| | 2 | L | Side As she passes your hand Bring it back to your left and up | R | Forward, spin to your right |
| Turning Triple (The Spin) | 3 | R | Side Lead a natural turn | L | Side, spin |
| | and | L | Together, Bring her hand your left shoulder | R | Together, spin |
| | 4 | R | Side turning to the left, Catch her waist in your right arm | L | Side, keep turning to the right so you are side to side |
| Side by Side rocks | 5 | L | Back | R | Back |
| | 6 | R | Replace | L | Replace |
| 2 hand Tuck to her Right (natural) | 1 | L | Side and face her, Stop her right hand with your left | R | Side and face him |
| | and | R | Together, Tuck her in with your left | L | Together, right side forward into the tuck |
| | 2 | L | Side, turn her right | R | Side, turn |
| | 3 | R | Side | L | Side, finish turn |
| | and | L | Together | R | Together |
| | 4 | R | Side | L | Side |
| Rock Step | 5 | L | Back | R | Back |
| | 6 | R | Replace | L | Replace |