

Triple Swing - Side to Side & Running Pass

| | | Man's | | Ladies | |
|---------------------|------|--------------|---|--------------|---------------------|
| Phase | Time | Foot Details | | Foot Details | |
| Back Rock | 1 | L | Back | R | Back |
| | 2 | R | Replace | L | Forward |
| She passes in front | 3 | L | Side, turning right | R | Side, Back to him |
| | and | R | Together | L | Together |
| | 4 | L | Side, Switch to right hand | R | Side |
| Back Rock | 5 | R | Back | L | Back |
| | 6 | L | Replace | R | Replace |
| She rolls behind | 7 | R | Side, turning left | L | Forward, pivot left |
| | and | L | Together | R | Side, pivot left |
| | 8 | R | Side, switch to left hand | L | Back |
| Back Rock | 1 | L | Back | R | Back |
| | 2 | R | Replace | L | Forward |
| She passes in front | 3 | L | Side, turning right | R | Side, Back to him |
| | and | R | Together | L | Together |
| | 4 | L | Side, Switch to right hand | R | Side |
| Back Rock | 5 | R | Back | L | Back |
| | 6 | L | Replace | R | Replace |
| She rolls behind | 7 | R | Side, turning left | L | Forward, pivot left |
| | and | L | Together | R | Side, pivot left |
| | 8 | R | Side, switch to left hand | L | Back |
| Back Rock | 1 | L | Back | R | Back |
| | 2 | R | Replace | L | Forward |
| Lady's Rev Turn | 3 | L | Side, curve to right | R | Forward |
| | and | R | Together | L | Together |
| | 4 | L | Side | R | Forward, pivot left |
| Man's Wrap turn | 5 | R | Forward | L | Side |
| | and | L | Together, turn left | R | Together |
| | 6 | R | Side, turn left, catch right hand to right | L | Side |
| Pass | 1 | L | Lunge to Left | R | Back |
| | 2 | R | Shift weight Back | L | Forward |
| Lady's Run | 3 | L | Back (coaster step) | R | Forward |
| | and | R | Together | L | Forward |
| | 4 | L | Forward | R | Forward, pivot left |
| Close | 5 | R | Side, switch hands | L | Side |
| | and | L | Together | R | Together |
| | 6 | R | Side | L | Side |