

Triple Swing Sugar Foot

		Man's		Ladies	
Phase	Time	Foot	Details	Foot	Details
Rollout from Closed	1	L	Side, Roll her out to your left, strongly	R	Forward, largish steps
	and 2	R L	Together, keep turning left Side	L R	Forward Forward, pivot to left
Prep	3	R	Side, left her to your right with a hand twist	L	Side and forward, small
	and 4	L R	Together Side	R L	Together Side and forward
Sugar Foot	1	L	Back, small Lead left with a hand twist (figure 8 motion)	R	Forward, Bring foot in to left Pivot on left then curve out to right
	2	R	Back, small Lead right with a hand twist	L	Forward, Bring foot in to right Pivot on right then curve out to left
	3	L	Back, small Lead left with a hand twist	R	Forward, Bring foot in to left Pivot on left then curve out to right
	4	R	Back, small Lead right with a hand twist	L	Forward, Bring foot in to right Pivot on right then curve out to left
Back to closed	1	L	Side and forward	R	Side
	and 2	R L	Together, right arm out Side, catch her in your right arm	L R	Together, see him coming Side, left arm up
	3	R	Side	L	Side
	and 4	L R	Together Side	R L	Together Side
Rock Step	5	L	Back	R	Back
	6	R	Replace	L	Replace