

West Coast Basic

		Man's		Ladies		
Phase	Time	Foot Details		Foot Details		Notes
	1	L	Back	R	Forward	Resistance connection
	2	R	Back	L	Forward	
Sailor Shuffle	3	L	Side behind right	R	Side behind left	Stop her with right hand
	and	R	In place	L	In place	
	4	L	Back to left and forward	R	Replace to right	Push
Coaster Step	5	R	Side behind left	L	Back	
	and	L	In place	R	Together	
	6	R	Replace to right	L	Forward	

Left Side Pass

		Man's		Ladies		
Phase	Time	Foot Details		Foot Details		Notes
	1	L	Back	R	Forward	
	2	R	Back	L	Forward	
Side Pass	3	L	Side	R	Forward	Lead her along your left side
	and	R	Together	L	Forward	
	4	L	Side	R	Pivot left, face him	Accelerate her passed you
Coaster Step	5	R	Side behind left	L	Back	Stop her progress to turn her
	and	L	In place	R	Together	
	6	R	Replace to right	L	Forward	

Right Side Pass

		Man's		Ladies		
Phase	Time	Foot Details		Foot Details		Notes
	1	L	Back	R	Forward	
	2	R	Back	L	Forward	
Side Pass	3	L	Side	R	Forward	Lead her along your righth side
	and	R	Together, keep facing her	L	Forward	
	4	L	In place	R	Pivot left, face him	Raise left hand, she goes under
Coaster Step	5	R	Side behind left	L	Back	Bring your hand around and down
	and	L	In place	R	Together	
	6	R	Replace to right	L	Forward	