

The Whip

		Man's		Ladies		
Phase	Time	Foot Details		Foot	Details	Notes
Whip	1	L	Forward	R	Forward	Pull her toward you
	2	R	Forward	L	Forward	Step to the left of her
	3	L	Point	R	Point	Catch her with right hand
Turn and Release	4	L	Forward, towards her	R	Forward	Drive towards her Push her away with your frame
	5	R	Forward, sharp turn right	L	Forward, turn	
	6	L	Forward	R	Back	
Coaster Step	7	R	Side behind left	L	Back	
	and	L	In place	R	Together	
	8	R	Replace to right	L	Forward	

Continuous Whip

		Man's		Ladies		
Phase	Time	Foot Details		Foot	Details	Notes
Whip	1	L	Forward	R	Forward	Pull her toward you
	2	R	Forward	L	Forward	Step to the left of her
	3	L	Point	R	Point	Catch her with right hand
Whip (repeatable)	1	L	Forward, towards her	R	Forward	Pull her toward you
	2	R	Forward	L	Forward	Step to the left of her
	3	L	Point	R	Point	Catch her with right hand
Turn and Release	4	L	Forward	R	Forward	Drive towards her Push her away with your frame
	5	R	Forward, sharp turn right	L	Forward, turn	
	6	L	Forward	R	Back	
Coaster Step	7	R	Side behind left	L	Back	
	and	L	In place	R	Together	
	8	R	Replace to right	L	Forward	