

STROLLIN' WEST COAST EZ

CHOREOGRAPHY: Jim and Adele Chico
16325 Oak Canyon Drive, Morgan Hill, CA. 95037

RECORD: COLL 4236; TITLE, The Stroll - By The Diamonds.
FOOTWORK: OPPOSITE. Directions For Man Unless Otherwise Indicated.
ROUNDALAB PHASE: IV +1 (Whip Turn) +1 (Continuous Locks)
RHYTHM: WEST COAST SWING/JIVE
SEQUENCE: INTRO A A B A END

44-45 rpms

INTRO (scp lod):

(1 - 4) 1 MEAS WT; 2 FWD TRIPLES; SWVL 4; THROWOUT;

In SCP fcg LOD Wt 1 Meas; Fwd L/Cls R, Fwd L, Fwd R/Cls L, Fwd R; Swvl RF (W LF) Fwd L, Swvl LF (W RF) Fwd R, Swvl RF (W LF) Fwd L, Swvl LF (W RF) Fwd R; Fwd L/Cls R to L, Fwd L, SIP R/L, Bk R (W trn LF Fwd R/XLif, cont trn Sd & Bk to fc RLOD, SIP L/R, L);

A (lop m fcg lod):

(1 - 4) SUGAR PUSH-KICK BALL CHG;; CHICKENS - 2 SLOW - 4 QUICK;;

Bk L, Bk R, Tch L to R, Fwd L (W Fwd R, Fwd L, Tch R to L, Bk R); SIP R/L, Bk R (W SIP L/R, L), Kick L Fwd/Stp on Ball of L, Cls R; Bk L,-, Bk R (W Fwd R Swvl RF,-, Fwd L Swvl LF),-; Bk L, Bk R, Bk L, Bk R (W Fwd R Swvl RF, Fwd L Swvl LF, Fwd R Swvl RF, Fwd L Swvl LF);

(5 - 8) THROWOUT; LEFT SD PASS both fc wall-TURKEY WK 6 fc rlod;;

Trn shrply LF Bk & Sd L/Cls R to L, Sd & Fwd L to fc RLOD, SIP R/L, Bk R (W trn LF Fwd R/XLif, cont trn Sd & Bk R to fc LOD, SIP L/R, L); Trn shrply LF Bk & Sd L, Cls R, Sd L/Cls R, Sd L to fc Wall (W Fwd R, Fwd L, Trn LF Fwd R/XLif, Sd & Bk R trn shrply LF to fc Wall); Sd R/Cls L, Sd R smll stp (W Sd L/Cls R, Sd L smll stp), Bth fcg Wall Ext bth hnds hnds out to sd palms out and wagging same Sd L, Cls R (W Passg ifo M Sd R, Cls L); Sd L, Cls R, Trn RF (W LF) Sd & Bk L, Cls R to L to LOP fcg RLOD;

(9 -12) WHIP TURN;; BK 4 TO SCP; ¹ THROWOUT; ^{2,3} 2 FWD TRIPLES;

Bk L, Rec R (W Fwd R, Fwd L) comm RF trn, Sd & Fwd L/Rec R cont trn fc LOD, Fwd L (W cont trn fc RLOD Bk R/Cls L, Fwd R betw M's ft) to CP LOD; XRib cont trn, Sd & Bk L (W Fwd L cont trn, Sd & Bk R) to LOP fcg RLOD, SIP R/L, Bk R (W SIP L/R, L); Bk L, Bk R trn shrply LF, Sd L blndg SCP, Fwd R (W Fwd R, Fwd L, Fwd R, Fwd L); ¹ [1st time thru repeat INTRO Meas 4;] ^{2,3} [2nd & 3rd time thru Repeat INTRO Meas 2;]

B (scp lod):

(1 - 4) 2 PT STEPS; 2 FWD TRIPLES; SWVL 4; 2 TRIPLES TO OPEN;

Pt L fwd, Fwd L, Comm head trn to look twds RLOD Pt R fwd, Fwd R comm trn head to look LOD; Repeat INTRO Meas 2-3;; Repeat INTRO Meas 2 blndg to OP LOD;

(5 - 8) CONTINUOUS LOCKS;; RK THE BOAT-TWICE; 2 TRIPLES;

Release jnd trlg hnds trn diag twds ptr Fwd & Sd L, Lk Rib, Fwd & Sd L trn twds LOD, Cont trn diag awy frm ptr Fwd & Sd R; Lk Lib, Trn twds LOD Fwd & Sd R, Trn diag twds ptr Fwd & Sd L, Lk Rib; Trn twds LOD Fwd & Sd L (strait knee), Cls R (relx knee) Fwd L (strait knee), Cls R (relx knee); Repeat INTRO Meas 2;

(9 -12) CONTINUOUS LOCKS;; RK THE BOAT-TWICE TO SCP; THROWOUT;

Repeat Part B Meas 5-7 blndg to SCP LOD;;; Repeat INTRO Meas 4;

END (scp lod):

(1 - 5) 2 PT STEPS; 2 FWD TRIPLES; SWVL 4; THROWOUT; KICK BALL CHG-PT SD;

Repeat Part B Meas 1; Repeat INTRO Meas 2-4;;; Kick L Fwd/Stp on Ball of L, Cls R, Pt L Sd (COH),-;