

# West Coast Spring

COPPER KNOB  
STEPSHEETS

拍数: 32                      墙数: 4                      级数: Improver  
编舞者: Dick Rogers (USA) & Nancy Rogers (USA) - February 2022  
音乐: Boots - Aaron Watson



## Other Music Pairings:

Can't Help Myself (Dan Davidson) [94 bpm];  
Body Like a Back Road (Sam Hunt) [100 bpm]  
Note: West Coast Swing. No tags or restarts.

## Starting Position: Weight on RF

### [1-6] BACK, BACK, HOOK, STEP FWD, ANCHOR STEP\*

1-2                      Step LF back (1), step RF back (2)  
3-4                      Hook LF over R leg (3), step LF forward (4)  
5&6                      Basic anchor step: RF to 3rd position (5), weight to LF (&), step RF back (6)

### [7-12] BACK, CROSS, ¼ TURN L AND SHUFFLE FWD, ½ L TURNING TRIPLE

1-2                      Step LF back (1), step RF across LF (2)  
3&4                      Pivot ¼ L and step LF forward (3), slide RF to heel of LF (&), step LF forward (4)  
5&6                      Turn ¼ L and step RF to R (5), step LF beside RF (&), turn ¼ L and step RF back (6)

### [13-18] TOE BACK, ½ TURN L, SHUFFLE FWD, BOING!, BOING! (보잉!, 보잉!)

1-2                      Touch L toe back (1), pivot ½ L and transfer weight to LF (2)  
3&4                      Step RF forward (3), slide LF to heel of RF (&), step RF forward (4)  
5                          Boing: Step LF beside RF and bend both knees outward and apart to lower body (5)  
&                          Straighten both legs and rise up (&)  
6                          Boing: Bend knees outward and apart to lower body (6)  
&                          Straighten both legs and rise up (&)

Variation for Boings: Knee pulse: Step LF beside RF and bend both knees forward and lean back slightly (5), straighten knees and push bum back slightly (6).

### [19-24] BODY ROLL\*\*, LOCK SHUFFLE BACK, RONDE

1                          Body roll: Step LF forward and lift chin and pop chest forward with shoulders back (1)  
&                          Start to move head, chest and weight back and hips forward (&)  
2                          Shift full weight back on RF and settle in a sitting position over RF (2)  
3&4                      Step LF back (3), lock RF over LF (&), step LF back (4)  
5-6                      Ronde: Sweep RF from front to R (5), complete sweep ending with RF instep to heel of LF (3rd position) (6)

### [25-32] ROCK L, RECOVER R, ¼ TURN L SAILOR, BODY ROLL\*\*, ANCHOR STEP\*

1-2                      Rock L on LF (1), recover on RF (2)  
3&4                      Swing LF behind RF and turn ¼ L (3), step RF to R (&), step LF diagonal forward L (4)  
5                          Body roll: Step RF forward and lift chin and pop chest with shoulders back (1)  
&                          Start to move head, chest and weight back and hips forward (&)  
6                          Shift full weight back on LF and settle in a sitting position over LF (2)  
7&8                      Basic anchor step: RF to 3rd position (7), weight to LF (&), weight back to RF (8)

Variations for body rolls: Easy alternative to a body roll is rock fwd, recover. Adding a bum roll (forward, up & back, down) to the rock step is a relatively easy way to dress it up a bit.

## START OVER

\*Anchor Step variations are fun to do. Here is a link to a YouTube tutorial that teaches five anchor step variations that can be done by Follows and Leads. <https://www.youtube.com/watch?v=Eu813B4b8AY>  
\*\*See body roll tutorials on YouTube, e.g. <https://www.youtube.com/watch?v=-cqse2kwWHA&t=149s> .  
Remember, practice, practice, practice!

Contact: dancingdjr2 at icloud dot com  
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