

YOU MAKE ME FEEL LIKE WEST COAST

- CHOREO:** Rey & Sherry Garza, 1655 Monte Vista Dr., Vista, Ca. 92084-7121 (760) 458-6418
Reycuer@reygarza.com Web: www.reygarza.com
- MUSIC:** Artist: Leo Sayer Albumn: The Very Best Of Leo Sayer Download from Amazon.com
\$0.99 45RPM Suggested Length 2:50
- FOOTWORK:** Opposite (Woman in parenthesis)
- RHYTHM:** Roundalab Phase 5 + 2 + 4 West Coast [Sugar Push Hook Turn, & Traveling Side Pass
[Inside Whip, Push Break, Spanish Arm Pass, & Varsouvienne Breaks]
- SEQUENCE:** Intro-AB-ABMOD-C-Ending Released 6/15/2019 Revised 8/9/2019 ver 2

INTRO

- 1-6 LOP FACING PARTNER & LOD LEAD FEET FREE WAIT;; WHIP TURN;; TUMMY WHIP;;**
- 1-2 [Starting Pos]** Fcg ptr & LOD ld ft free wt ld hnds jnd;;
- 3-4 [Whip Turn]** Bk L, XRif of L moving twd R sd of W blend loose CP, swivel ¼ RF on R sd L/rec trng ¼ RF, fwd L CP fc RLOD; XRib of L start RF trn, sd & fwd L comp ½ RF trn LOP fcg LOD, bk R/rec L, bk R (Fwd R, fwd L trn ½ RF, bk R/cl L, fwd R btwn M's ft to CP LOD; Swvl sharply RF on R bk L, bk R, bk L/rec R, bk L);
- 5-6 [Tummy Whip]** Bk L ld W fwd rel ld hnds, XRif of L moving to W's R sd outsd the slot plcg R hnd on W's R hip bone, swvl ¼ RF on R sd L/rec R trn ¼ RF, fwd L to W's L sd fcg RLOD; Rel W whip XRib of L start RF trn, sd & fwd L comp ½ RF trn to LOP LOD, bk R/rec L, bk R (Fwd R, fwd L, fwd R/cl L, bk R; Bk L, bk R, bk L/rec R, bk L) end in BFLY fcg prt & LOD;

PART A

- 1-10 EXTENDED SPANISH ARMS PASS; FACE REVERSE LOD; TUCK & TWIRL WITH EXTRA OUTSIDE TURN;; WRAP WHIP; WITH SURPRISE CHECK ENDING FACE LOD; SIDE WHIP;; EXTENDED ALTERNATING UNDERARM TURN; FC RLOD;**
- 1-2 [Spanish Arms Pass]** Bk L, XRif moving to R sd of W com trng ½ RF ldg W to trn ¼ LF, sd L/cl R, sd L ldg W to spin ¾ RF; Cont trn smll fwd R, L fc RLOD cont ldg W to make and extra trn under ld hnds, bk R/rec L, bk R (Fwd R, fwd L tucking ¼ LF under ld hnds, fwd R comm 1 3/4 RF trn/fwd L, sd R; Fwd L cont trn, sd & bk R comp RF trn, bk L/rec R, bk L) end LOP fc RLOD;
- 3-4 [Tuck & Twirl]** Bk L, bk R bring lead hnd to ctr ldg W to a R sd lead, tap L fwd with L sd ld, fwd L ld W to trn RF under ld hnds; Cont ldg W to trn RF fwd R, L, bk R/rec L, bk R (Fwd R, fwd L with slight trn LF, smll fwd R under lead hnds/rec L trn ½ RF, fwd R trn ½ RF; Cont for extra RF trn fwd L, fwd R comp trn, bk L/rec R, bk L) end LOP fcg ptr & RLOD;
- 5-6 [Wrap Whip With Surprise Chk]** Bk L to double hnd hold, raise ld hnds ldg W fwd XRif of L trn ¼ RF sd L cont RF trn lower jnd ld hnds/cl R, sd & fwd L end Wrap POS on W's L sd; Swvl RF on L ck fwd R, rel trail hnds rec L ld W to trn RF, bk R/rec L, bk R (Fwd R, fwd L, fwd R passing under jnd ld hnds/cl L, bk R end in Wrapped POS; Ck bk L rel trail hnds, fwd R trn ½ RF under ld hnds, bk L/rec R, bk L) end LOP fc LOD;
- 7-8 [Sd Whip]** Bk L, bk R out of the slot R trn ¼ RF to L-shaped POS plc R hnd on W's bk, press L fwd no weight, hold; Hold rotate bdy LF ldg W to stp fwd, rec weight on L, bk R/rec L, R (Fwd R, fwd L trng ½ RF, bk R/cl L, fwd R; Fwd L, fwd R trng 1/2 LF to RLOD, bk L/rec R, L);
- 9-10 [Alternating Underarm Trn]** Bk L, rec R out of slot, in pl L/R, L ldg W to trn LF under ld hnds; Under ld hnds fwd R trng LF, fwd L cont trn fc RLOD, bk R/rec L, bk L (Fwd R, fwd L, under ld hnds trn ½ LF fwd R/L, R; In plc L, R, bk L/rec R, bk L) fc ptr & RLOD;

PART B

- 1-10 UNDERARM TURN INTO TRIPLE TRAVEL WITH ROLL;;, SUGAR PUSH HOOK TURN; STACK HANDS LEFT OVER RIGHT; EXTENDED TRAVELING SIDE PASS;; TWICE; TO BFLY LOD;**

YOU MAKE ME FEEL LIKE WEST COAST by Rey & Sherry Garza page 2

Part B continued

- 1-6** [Underarm Trn Into Tripl Trvlr With Rll] Bk L comm RF trn, bk R out of slot fc COH, in plc L/R, L jn R hnds palm to palm; Sd R/cl L, sd & fwd R, pushing lightly with R hnds trng RF 1½ to fwd L, fwd R fc WLL joining L hnds palm to palm; Sd L/R, sd L & fwd trng ½ LF chg to R hnds palm to palm fc COH, sd R/L, sd & fwd R trng ½ RF chg to L hnds palm to palm fc WLL; Sd L/R, sd & fwd L pushing lightly with L hnds start a LF 1 ¼ trn, fwd R, fwd L comp a LF trn joining ld hnds to fc LOD & ptr; Bk R/rec L, bk R, (Fwd R, L trng ¼ LF fc COH, fwd R/XLif, bk R trng ½ LF to fc WLL passing M und jnd ld hnds rel hnds; Jn R hnds palm to palm sd L/R, sd L & bk trng start RF, fwd R, L comp a 1 ½ RF trn fc COH chg to L hnds palm to palm; Sd R/L, sd & bk R trng ½ LF chg to R hnds palm to palm fc WLL, sd L/R, sd & bk L trng RF chg to L hnds palm to palm fc COH; Sd R/L, sd & bk R start a LF 1 ¼ trn, fwd R, fwd L comp a LF trn joining ld hnds to fc RLOD & ptr; Bk L/rec R, bk L),
[Sugar Push Hook Trn] Bk L, bk R; Tch L, fwd L, hook Rib of L trng 1/2 RF taking jnd hnds over M's hd rel W's R hnd letting it slide down the R arm jn R hnds when reaching R hip/sd L, XRif of L (Fwd R, fwd L; Tch R, bk R, bk L/rec R, bk L) end in L-Shape M fcg COH W RLOD;
- 7-8** [Traveling Sd Pass] Sd L, rec R raising L hnds ldg W to fc, XLib of R/sd R, smll sd L trng upper bdy LF raising R arms and bringing L hnds down to twirl LF 1 ½ to end with W in bk to L sd of M with double hand hold; X Rif of L, sd L, smll XRif of L/sd L, XRif of L (Fwd R, fwd L comm LF trn to fc ptr, trng 1 & 1/2 trns LF 1st under jnd L hnds then under jnd R hnds sd & fwd R/in pl L, R end bhnd slightly to M's L sd; XLib, sd R, XLif/sd R, XLif) end L-POS with all hnds jnd L over R;
- 9-10** Repeat traveling sd pass releasing hnds and blend to BFLY LOD;;

PART A

- 1-10** EXTENDED SPANISH ARMS PASS; FACE REVERSE LOD; TUCK & TWIRL WITH EXTRA OUTSIDE TURN;; WRAP WHIP; WITH SURPRISE CHECK ENDING FACE LOD; SIDE WHIP;; EXTENDED ALTERNATING UNDERARM TURN; FC RLOD;

PART BMOD

- 1-14** UNDERARM TURN INTO TRIPLE TRAVEL WITH ROLL;;,, SUGAR PUSH HOOK TURN; STACK HANDS LEFT OVER RIGHT; EXTENDED TRAVELING SIDE PASS;; TWICE; SHAKE HANDS; LADY TO VARSOUVIENNE; VARSOUVIENNE BREAKS; TWICE; LADY ANCHOR TO FACE LEAD HANDS;
- 1-8** Repeat meas 1-8 of part B;;,;;,;;
- 9-10** Repeat meas 7 & 8 of part B ending L-POS M fcg COH W fcg RLOD rel L hnds keep R hnds jnd;;
- 11-14** [Varsouvienn Breaks] Sd L, rec R out of slot ld W to trn LF, sd L/cl R, sd L to L-Shaped VARS M fcg COH jn L hnds; Trng RF XRib/sd L, sd R to L VARS fcg DC, trng LF XLib/sd R, sd & fwd L trn to VARS RLOD; Fwd R, fwd L trn ¼ RF to L-Shaped VARS COH, trng RF XRib/sd L, sd R to L VARS fcg DC; Trng LF XLib/sd R, sd & fwd L trn to VARS RLOD, Raise L hnds for W to trn undr sm in pl R/L, bk R (Fwd R, L start full LF trn, fwd R/L, R comp LF trn to L-Shaped VARS POS fc RLOD jn L hnds; Fwd L trn 3/8 RF/cl R, fwd L to L VARS fcg DC, fwd R trn ½ LF/cl L, fwd R to VARS POS RLOD; Fwd L, fwd R, fwd L trn 3/8 RF/cl R, fwd L to L VARS fcg DC; Fwd R trn ½ LF/cl L, fwd R to VARS POS RLOD, smll fwd L trn ½ RF/cl R, smll fwd L while trng undr jnd L hnds to fc ptr) rel hnds and jn ld hnds fc ptr & RLOD;

PART C

- 1-8** PUSH BREAK;;, TUCK & SPIN;; UNDERARM TURN;;, SUGAR BUMP;; INSIDE WHIP; WITH SURPRISE CHECK ENDING FACE REVERSE;
- 1-6** [Push Break] Bk L, smll bk R double hnd hold, bk L/cl R, fwd L; Bk R/rec L, bk R (Fwd R, fwd L, with double hnd fwd R/cl L, bk R; Bk L/rec R, bk L),
[Tuck & Spin] Bk L, bk R bring ld hnd to ctr ldg W to a R sd lead; Tap L fwd with L sd ld, fwd L ld W to spin RF, bk R/rec L, bk R (Fwd R, fwd L with slight trn LF; Tch R to L, trn ½ RF fwd R spin ½ RF fc ptr RLOD, bk L/rec R, bk L);

YOU MAKE ME FEEL LIKE WEST COAST by Rey & Sherry Garza page 3

Part C continued

[**Underarm Turn**] Bk L, raise ld hnds ldg W to pass on R sd XRif of L to R sd of W start RF trn, sd L/cl R, sd & fwd L comp RF trn fc LOD; Bk R/rec L, bk R (Fwd R, fwd L start LF trn under ld hnds, sd R cont trn/XLif of R cont trn, bk R comp trn fc RLOD; Bk L/rec R, bk L), [**Sugar Bump**] Bk L, rec fwd R comm RF turn; Lift L knee up cont RF trn tchg L hip to W's R hip cont trn rolling bottoms, rel ld hnds fwd L cont trn to fc ptr jn ld hnds, in pl R/L, R (Fwd R, L comm LF trn; Lift R knee up cont LF trn tchg R hip to M's L hip cont trn rolling bottoms, rel ld hnds fwd R cont trn to fc ptr jn ld hnds, in pl L/R, L);

7-8 [**Insd Whip Surprise Chk**] Bk L ld W to start and LF trn under ld hnds, XRif of L moving twd R sd of W blend loose CP, swvl ¼ RF on R sd L/rec trng ¼ RF, fwd L fc RLOD; XRif chkg, rec L ld W to trn RF under ld hnds bk R/rec L, bk R (Fwd R comm 1/2 LF trn under ld hnds, fwd L, bk R/cl L comp trn, fwd R btwn M's ft to CP LOD; Swivl RF on R chk bk L, rec R trn ½ RF, bk L/rec R, bk L) end fcg ptr & RLOD;

END

1-9 UNDER ARM TURN INTO TRIPLE TRAVEL WITH ROLL;;;;, SUGAR PUSH HOOK TURN; SHAKE HANDS; LADY TO VARSOUVIENNE; FOR VARSOUVIENNE BREAKS FACE REVERSE LOD; FWD 2 PT HOLD;

1-6 Repeat meas 1-6 of part B;;;;;

7-8 Repeat meas 11-12 of part BMOD;;

9- [**Fwd 2 Hold**] Fwd R, L, hold, -;

Short Cues

Intro: 1-6 Lop Facing Partner & Lod Lead Feet Free Wait;; Whip Turn;; Tummy Whip;;

Part A: 1-10 Extended Spanish Arms Pass; Face Reverse Lod; Tuck & Twirl With Extra Outside Turn;; Wrap Whip; With Surprise Check Ending Face Lod; Side Whip;; Extended Alternating Underarm Trn; Fc Rlod;

Part B: 1-10 Underarm Turn Into Triple Travel With Roll;;;;, Sugar Push Hook Turn; Stack Hands Left Over Right; Extended Traveling Side Pass;; Twice; To blfy Lod;

Part A: 1-10 Extended Spanish Arms Pass; Face Reverse Lod; Tuck & Twirl With Extra Outside Turn;; Wrap Whip; With Surprise Check Ending Face Lod; Side Whip;; Extended Alternating Underarm Trn; Fc Rlod;

Part Bmod: 1-14 Underarm Turn Into Triple Travel With Roll;;;;, Sugar Push; Man Hook Turn Stack Hands Left Over Right; Extended Traveling Side Pass;; Twice; Shake Hnds; Ldy To Varsouviennne; For Varsouviennne Breaks; Twice; Lady Anchor To Face ld hnds;

Part C: 1-8 Push Break;;, Tuck & Spin;; Underarm Turn;;, Sugar Bump;; Inside Whip; With Surprise Check Ending Face Reverse;

End: 1-9 Under Arm Turn Into Triple Travel With Roll;;;;, Sugar Push Hook Turn; Shake Hands; Ldy To Varsouviennne; For Varsouviennne Breaks Face Reverse Lod; Fwd 2 Pt Hold;