

MY WEST COAST GIRL

Choreographers: Karen & Dick Fisher, 3415 Parkway Terrace, Bryan, TX 77802-3743
(409) 846-1473, e-mail Rfisher86@aol.com

Record: Motown Yesteryear Series (My Girl) MOT-450 Artist: The Temptations
Flip: The Way You Do the Things You Do Same as: Collectables COL-450

Footwork: Opposite unless noted (Woman's footwork in parentheses)

Rhythm: West Coast Swing RAL Phase: V Time @ Speed: 3:00 @ 43

Sequence: Intro--A--B--A--B--C--A--B--C (COL-450 meas 7-12) Release Date: 5/95
Revised: 6/95

INTRODUCTION:

MEAS:

- 1-4 **BK-TO-BK/ROD WT 2 MEAS ; ; STP, SNAP APT TWICE ; TURN STP, SNAP, TOG, SNAP TO LOP-FCG LOD;**
1-2 Bk-to-Bk M fcg RLOD (W LOD) leaning slightly on ptr arms folded at chest wait;;
3-4 Fwd L, snap fingers, fwd R, snap fingers; Rec L trng LF to fc LOD (W fwd R trng RF to fc RLOD), snap, fwd R to LOP/FCG;

PART A:

- 1-3 **SUGAR PUSH ; , , LEFT SIDE PASS ; , ;**
1-2.5 (Sugar Push) Bk L, bk R, tch L to R, fwd L; Anchor in place R/L, bk R,
2.5-3 (Left Side Pass) Bk L trng 1/4 LF, cl R (W fwd R, fwd L); Fwd L/cl R trng 1/4 LF, fwd L (W fwd R/L, R trng 1/2 LF), anchor in place R/L, bk R;
- 4-6 **SUGAR BUMP ; , , MAN'S UNDERARM TRN ; , ;**
4-5.5 (Sugar Bump) Bk L, fwd R trng 1/4 RF (W fwd R, fwd L trng 1/4 LF), bring L knee up with hips tchng & cont trn rolling bottoms, releasing lead hnds fwd L cont trn to LOP (W bring R knee up with hips tchng & cont trn rolling bottoms, releasing lead hnds fwd R cont trn to LOP); Anchor in place R/L, bk R,
5.5-6 (Man's Underarm Turn) Bk L, fwd R trng 1/4 RF under jnd lead hnds (W fwd R, fwd L); Sd L trng 1/4 RF/fwd R, fwd L (W swvl 1/4 LF sd & fwd R/XLif, swvl 1/4 LF bk R), anchor in place R/L, bk R;
- 7-8 **TUMMY WHIP ; ;**
7-8 (Tummy Whip) Bk L release jnd hnds, XRif trng 1/4 RF catch W's R hip bone w M's R palm as W steps past (W fwd R, fwd L), sd L trng 1/4 RF/fwd R, sd L (W fwd R/cl L, bk R); Releasing M's R hnd XRib trng 1/2 RF to fc ptr, fwd L (W bk L, bk R), anchor in place R/L, bk R.

PART B:

- 1-3 **4 SLO CHICKEN WALKS ; ; 4 QK CHICKEN WLKS ;**
1-2 (Chicken Walks) Bk L,-, bk R,- (W fwd R swvl RF,-, fwd L swvl LF,-); Bk L,-, bk R,-;
3 Bk L, bk R, bk L, bk R;
- 4-6 **THROWOUT ; WHIP TURN ; ;**
4 (Throwout) Bk L trng 1/4 LF/cl R, fwd L trng 1/4 LF fc RLOD (W fwd R trng 1/4 LF/XLif, bk R trng 1/4 LF fc LOD), anchor in place R/L, bk R;
5-6 (Whip Turn) Bk L, XRif trng RF to W's R sd W into R arm (W fwd R, fwd L trng 1/2 RF), small sd & fwd L/rec R commence RF trn, sd L (W bk R/cl L, fwd R); behnd R trng RF, fwd L trng RF to fc ptr (W fwd L, fwd R trng RF to fc ptr), anchor in place R/L, bk R;
- 7-8 **LEFT SIDE PASS ; , , PT ;**
7-8 (Left Side Pass) Bk L trng 1/4 LF, cl R (W fwd R, fwd L), fwd L/cl R trng 1/4 LF, fwd L (W fwd R/L, R trng 1/2 LF); anchor in place R/L, bk R, pt sd R,-;

REPEAT PART A ; ; ; ; ; ; ; ;

REPEAT PART B ; ; ; ; ; ; ; ;

PART C:

- 1-3 **SUGAR PUSH ; , , UNDERARM TRN MAN TURN TO TANDEM , ; ;**
 1-2.5 (Sugar Push) Bk L, bk, R, tch L to R, fwd L; Anchor in place R/L, bk R,
 2.5-3 (Underarm Turn M trn tandem) Bk L, fwd & sd R to W's R sd trn RF raise jnd lead hnds (W fwd R, fwd L slight trn LF under jnd lead hnds); sd & fwd L trng RF/rec R trng RF, fwd L to fc ptr (W sd R/XLif, trng LF bk R fc ptr), Hook Turn XRib/sd L trng to tandem pos, in place R chngng to R to R handhold (W anchor in place L/R, bk L);

- 4-6 **RIGHT SIDE PASS ; , , TUCK & SPIN , ; ;**
 4-5.5 (Right Side Pass) Fwd L, rec sd & bk R (W fwd R, fwd L trng 1/4 LF), cl L/in place R, fwd L chng hnds to join lead hnds (W sd R/XLif of R trng 1/4 LF, bk R); Anchor in place R/L, bk R,
 5.5-6 (Tuck & Spin) Bk L, fwd R, tch L to R, fwd R (W fwd R, fwd L, tch R, bk R spin full trn RF); anchor in place R/L, bk R;

- 7-9 **UNDERARM TURN ; , , CHEEK TO CHEEK , ; ;**
 7-8.5 (Underarm Trn) Bk L, XRif to W's R sd trn RF raise jnd lead hnds (W fwd R, fwd L slight trn LF under jnd lead hnds), sd & fwd L trng RF/rec R trng RF, fwd L to fc ptr (W sd R/XLif, trn LF bk R fc ptr); Anchor in place R/L, bk R,
 8.5-9 (Cheek to Cheek) Bk L, fwd R commence RF trn (W fwd R, fwd L trn LF); Lift L knee up & tch M's L hip to W's R hip, XLif trng LF to fc ptr (W lift R knee up & tch hips, XRif trng RF to fc ptr), anchor in place R/L, bk R;

- 10-12 **WRAPPED WHIP ; ; SLOW SIDE BREAK ;**
 10-11 (Wrapped Whip) Bk L to dbl handhold, XRif trng RF bring M's L W's R hnd in and over W's head (W fwd R, fwd L), in wrap pos trn R in place L/R, L (W fwd R/cl L, bk R); XRif trng RF releasing M's R & W's L hnds, sd L trng RF to fc ptr (W bk L, bk R), anchor in place R/L, bk R;
 &S &S 12 (Slow Side Break) M's R hnd on R hip sd L/sd R,-, tog L/cl r,-; (2nd time: W raise L hnd up in Open Break action on closing step);

REPEAT PART A fcg RLOD ; ; ; ; ; ; ; ;
 REPEAT PART B fcg RLOD ; ; ; ; ; ; ; ;
 REPEAT PART C fcg RLOD ; ; ; ; ; ; ; ; ; ; (Motown MOT-450)
OR REPEAT PART C (meas 7-12) fcg RLOD ; ; ; ; ; ; ; ; (Collectables COL-450)

HEAD CUES Sequence: I AB ABC ABC or C (7-12)

INTRO: BK-TO-BK/RLOD WT ; ; STP , SNAP APT TWICE ; TURN STP , SNAP , TOG , SNAP TO LOP/FCG LOD ;

**PART A: SUGAR PUSH ; , , LEFT SIDE PASS , ; ;
SUGAR BUMP ; , , MAN'S UNDERARM TRN , ; ; TUMMY WHIP ; ;**

**PART B: 4 SLO CHICKEN WALKS ; ; 4 QK CHICKEN WALKS ;
THROWOUT ; WHIP TRN ; ; LEFT SIDE PASS & PT ; ;**

**REPEAT PART A ; ; ; ; ; ; ; ;
REPEAT PART B ; ; ; ; ; ; ; ;**

**PART C: SUGAR PUSH ; , , UNDERARM TRN MAN TURN TO TANDEM , ; ;
RIGHT SIDE PASS ; , , TUCK & SPIN , ; ;
or → UNDERARM TURN ; , , CHEEK TO CHEEK , ; ;
WRAPPED WHIP ; ; SLO SIDE BREAK ; (2nd time: W's L hnd up & freeze)**

REPEAT PART A fcg RLOD ; ; ; ; ; ; ; ;

