



# The Way You Do

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Music: Available from choreographers on Mini-Disc (same Mini-Disc as "La Mer")

Speed: 25 BPM as on Mini-Disc

Footwork: Opposite, directions for man (lady as noted) [Note: Timing indicates weight changes only]

Rhythm & Phase: West Coast Swing VI

Sequence: **Intro A A B Modif-A End**

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## Meas

## INTRO

- 1-4** **CHASSE FWD 2; SWIVEL WALK 4; TUCK TRN; SD BREAK & FREEZE (W SIT & HIP ROLL);**  
Wait pickup notes in SCP fcg LOD
- 1a23a4 1 **{Chasse Fwd 2}** Chasse fwd L/R, L, R/L, R in SCP fcg LOD;
- 1234 2 **{Swivel Walk 4}** Swiveling RF on R fwd L, swiveling LF on L fwd R, swiveling RF on R fwd L, swiveling LF on L fwd R;
- 23a4 3 **{Tuck Trn}** Swiveling RF on R tch L to R leading W trn LF, slightly trng LF to fc LOD step L in pl raising jnd lead hnds to lead W trn RF under jnd lead hnds, anchor stp R/L, R (W swiveling LF on L to fc M tch R, fwd R comm trng RF under jnd lead hnds, cont trn RF L/R, L to fc M) end LOP Fcg Pos M fcg LOD;
- a1--- 4 **{Sd Break & Freeze (W Sit & Hip Roll)}** Sd L/sd R, freeze, -, - (W bk R/cl L bending both knees, roll hips CW, -, -) end LOP Fcg Pos M fcg LOD;

## PART A

- 1-8** **UNDERARM TRN to R-HND STAR - WIGWAG - 4 SD TCHES - WIGWAG - R SD PASS w/ TUCK & SPIN::: L CIRCLE PASS::**
- 123a45a6 1-6 **{Underarm Trn to R-hnd Star}** LOP Fcg Pos M fcg LOD bk L, rec R trng RF to fc WALL leading W pass under jnd lead hnds, sd L/cl R, sd L joining R-R hnds; Anchor stp R/L, R (W fwd R, fwd L comm trng LF 3/4 passing under jnd lead hnds, sd R/XLIF, sd R cont trng LF under jnd lead hnds to fc COH; Anchor stp L/R, L) end in R-hnd STAR Pos M fcg WALL (W fcg COH) R-hnds jnd,
- 1234 **{Wigwag}** Traveling twd LOD swivel LF on heels, swivel RF on balls; Swivel LF on heels, swivel RF on balls shifting wgt to R (W swivel RF on heels, swivel LF on balls; Swivel RF on heels, swivel LF on balls shifting wgt to L),
- a-a-a-a~ 4 **{4 Sd Tches}** Sd L/tch R, sd R/tch L; Sd L/tch R, sd R/tch L,
- 1234 **{Wigwag}** Repeat the above end R-hnd STAR Pos M fcg WALL (W fcg COH) leading ft free,;,.
- 12-45a6 **{R Sd Pass w/ Tuck & Spin}** Sd L, rec R leading fwd twd LOD; Tch L to R leading W swivel LF, sd L trng LF 1/4 to fc LOD leading W spin RF & release hnds, anchor R/L, R (W sd R trng RF to fc LOD, fwd L; Swiveling LF on L to fc M tch R, sd R comm spin RF one full trn, cont spin RF L/R, L to fc M) end LOP Fcg Pos M fcg LOD;
- 123a4567a8 7-8 **{L Circle Pass}** Bk L slightly across body joining trailing hnds, sd & fwd R leading W fwd to M's L sd, raising jnd lead hnds over M's head sd L/cl R, sd small steps twd COH passing under jnd lead hnds (W fwd R, fwd L twd M's L sd, trng LF 1/2 to fc LOD sd R bhnd M/XLIB, sd & fwd R) end in M's WRAPPED Pos both fcg LOD W slightly bhnd & to his R sd lead hnds across M's body trailing hnds at M's L-hip; Releasing trailing hnds bk R leading W fwd, rec L raising jnd lead hnds to lead W trn LF, keep leading W trn LF under jnd lead hnds anchor R/L, R (W fwd L comm trng LF 1-1/2, small step bk R cont trng LF, step almost in pl L/R, L cont trng LF under jnd lead hnds to fc M) end in LOP Fcg Pos M fcg LOD;

## PART A (cont'd)

- 9-16**      **CRAZY WHIP::: R SD PASS w/ TUCK & SPIN - CHEEK TO CHEEK:::**  
**BHND THE BK WHIP w/ SPIN ENDING:::**
- 123a4      9-11      **{Crazy Whip}** LOP Fcg M fcg LOD bk L, rec R trng RF, sd L twd LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc RLOD (W fwd R, fwd L trng RF to fc M, bk R/cl L, fwd R) end CP M fcg RLOD; Trng RF 1/4 on L dropping R-shoulder down sd R twd LOD/straightening body cl L, dropping L-shoulder down extend R twd LOD, dropping R-shoulder down sd R twd LOD/straightening body cl L, dropping L-shoulder down extend R twd LOD; Dropping R-shoulder down sd R twd LOD/straightening body cl L, dropping L-shoulder down extend R twd LOD, XRIB/ sd L, XRIF joining R-hnds (W trng RF 1/4 on R dropping L-shoulder down sd L twd LOD/straightening body cl R, dropping R-shoulder down extend L twd LOD, dropping L-shoulder down sd L twd LOD/straightening body cl R, dropping R-shoulder down extend L twd LOD; Dropping L-shoulder down sd L twd LOD/straightening body cl R, dropping R-shoulder down extend L twd LOD, anchor L/R, L trng RF 1/4 to fc RLOD) end L-Shape Pos M fcg COH (W fcg RLOD) R-hnds jnd;
- 1a-3a-5a-7a8
- 12-45a6      12-14      **{R Sd Pass w/ Tuck & Spin}** Sd L, rec R leading fwd twd LOD; Tch L to R leading W swivel LF, sd L trng LF 1/4 to fc RLOD leading W spin RF & release hnds, anchor R/L, R (W sd R trng RF to fc LOD, fwd L; Swiveling LF on L to fc M tch R, sd R comm spin RF one full trn, cont spin RF L/R, L to fc M) end LOP Fcg Pos M fcg RLOD;
- 12-45a6      **{Cheek to Cheek}** Bk L, rec R (W fwd R, fwd L); Swivel RF 1/2 on R lifting L-knee and bumping hips, fwd L twd RLOD, swiveling LF 1/2 on L to fc LOD anchor R/L, R end LOP Fcg Pos M fcg RLOD;
- 123a4567a8      15-16      **{Bhnd The Bk Whip w/ Spin Ending}** Bk L, rec R raising R-hnd straight up leading W twd his R-sd jnd lead hnds at M's R-waist, XLIF joining R-hnds/sd R, XLIF joining L-hnds (W fwd R, fwd L twd M's R-sd, run R/L, R circling CW bhnd to M's L-sd) end momentary M's SKATERS Pos both fcg RLOD; Releasing R-hnds bk R, rec L leading W spin RF w/ jnd L- hnds, anchor R/L, R joining lead hnds (W fwd L, fwd R comm spin RF one full trn, cont spin RF L/R, L to fc M) end LOP Fcg Pos M fcg RLOD;
- 17-24**      **WRAPPED WHIP HALF: WHEEL 2 & UNWRAP: LUNGE APT & W ROLL IN:**  
**W X RONDE & X: CIRCULAR KICK SWIVELS 3 TIMES M TRANS & PUSH AWAY:::**
- 123a4      17      **{Wrapped Whip Half}** LOP Fcg Pos M fcg RLOD bk L joining trailing hnds, rec R trng RF raising jnd lead hnds, sd L twd LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc LOD lowering jnd hnds (W fwd R, fwd L, fwd R passing under jnd lead hnds/cl L, bk R) end WRAPPED Pos both fcg LOD;
- 123a4      18      **{Wheel 2 & Unwrap}** Fwd R comm wheel RF, fwd L cont wheel RF to fc RLOD, step in pl R/L, R releasing L-hnd to lead W roll out RF (W bk L comm wheel RF, bk R cont wheel RF to fc RLOD, roll out twd COH L/R, L) end OP Pos both fcg RLOD;
- 1234      19      **{Lunge Apt & W Roll In}** Sd L flexing knee, rec R leading W roll LF, releasing trailing hnds swivel RF 1/2 to fc LOD sd L, rec R joining both hnds at waist level (W sd R flexing knee, rec L comm roll LF one full trn, cont rolling LF sd R, cont rolling LF to M sd L) end BFLY Pos M fcg LOD;
- 1--- (W 1--4)      20      **{W X Ronde & X}** Shift wgt to L, hold, - - (W XRIF, comm rond L CW, cont ronde L CW, XLIF); (now same footwork)
- 2-4 -2-4      21-24      **{Circular Kick Swivels 3 Times M Trans Push Away}** BFLY Pos M fcg LOD kick R fwd across body, swiveling RF on L sd R, swiveling LF on R tap L-heel sd & fwd, swiveling RF on R XLIF; Swiveling LF on L kick R fwd across body, swiveling RF on L sd R, swiveling LF on R tap L-heel sd & fwd, swiveling RF on R XLIF; Swiveling LF on L kick R fwd across body, swiveling RF on L sd R, swiveling LF on R tap L-heel sd & fwd, tch L fwd (W swiveling RF on R XLIF) end BFLY Pos M fcg LOD; Step in pl L/R, fwd L pushing W away twd LOD, anchor R/L, R (W step in pl R/L, bk R, Anchor L/R, L) end LOP Fcg Pos M fcg LOD; (now opposite footwork)
- 1a23a4
- [Note: While doing Circular Kick Swivel 3 times, rotate one full trn CCW gradually.]**

## PART B

- 1-8**            **WHIP w/ INSIDE UNDERARM TRN into TRIPLE TRAVEL w/ ROLL:::::**  
**SUGAR TOE HEEL SWIVELS - TUCK & SPIN ENDING:::**
- 123a4567a8    1-5    **{Whip w/ Inside Underarm Trn into Triple Travel w/ Roll}** LOP Fcg Pos M fcg LOD bk L, rec R trng RF, sd L twd LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc RLOD (W fwd R, fwd L trng RF to fc M, bk R/cl L, fwd R) end momentary CP M fcg RLOD; XRIB trng RF raising jnd lead hnds to lead W trn LF under jnd lead hnds, cont trng RF to fc COH sd L w/ checking motion, joining R-hnds chasse twd LOD R/L, R swiveling RF to comm roll RF 1-1/2 (W fwd L comm trng LF 3/4 und lead hnds, sd R cont trng LF to fc WALL, chasse twd LOD L/R, L swiveling RF to comm roll RF 1-1/2); Sd L cont roll RF, sd R con roll RF to fc WALL, joining L-hnd chasse twd LOD L/R, L swiveling LF 1/2 to fc COH; Joining R-hnds chasse twd LOD R/L, R swiveling RF 1/2 to fc WALL, joining L-hnds chasse twd LOD L/R, L swiveling LF to comm roll LF 1-1/4; Sd R cont roll LF, sd L cont roll LF to fc LOD, anchor R/L, R end LOP Fcg Pos M fcg LOD;
- 123a45a67a8  
123a4
- 12--5--8       6-7    **{Sugar Toe Heel Swivels}** Bk L, rec R joining trailing hnds (W fwd R, fwd L), swiveling RF on R tch L-toe inward, swiveling LF on R tap L-heel sd & fwd; Swiveling RF on R XLIF, swiveling LF on L tch R-toe inward, swiveling RF on L tap R-heel sd & fwd, swiveling LF on L XRIF;
- 23a4           8       **{Tuck & Spin Ending}** Swiveling RF on R tch L fwd bracing lead hnds, fwd L leading W spin RF & release hnds, anchor R/L, R joining lead hnds (W swiveling LF on L to fc M tch R fwd, trng RF on L sd & bk R comm spin RF one full trn, cont spin RF L/R, L to fc M) end LOP Fcg Pos M fcg LOD;
- 9-16**           **RK WHIP M TRN TRANS to TANDEM::: TANDEM SUGAR HOP - SWITCH BK -**  
**TANDEM SUGAR HOP::::: SWITCH BK W TRANS;**
- 123a45678    9-11    **{Rk Whip M Trn Trans to Tandem}** LOP Fcg Pos M fcg LOD bk L, rec R trng RF, sd L twd LOD/rec R comm trng RF, sd & fwd L cont trng RF to fc RLOD (W fwd R, fwd L trng RF to fc M, bk R/cl L, fwd R) end momentary CP M fcg RLOD; Fwd R comm trng RF, rec L cont trng RF, fwd R cont trng RF, rec L cont trng RF to fc RLOD (W bk L comm trng RF, rec R cont trng RF, bk L cont trng RF, rec L cont trng RF to fc LOD) end momentary CP M fcg RLOD; Fwd R cont trng RF releasing lead hnds, fwd L cont trng RF to fc LOD, step in pl R, L joining both hnds (W Bk L cont trng RF, fwd R cot trng RF to fc LOD, anchor L/R, L) end TANDEM Pos both fcg LOD both hnds jnd M bhnd W R-ft free for both; (now same footwork)
- 123a45678    12-15    **{Tandem Sugar Hop}** Fwd R, fwd L, swing R fwd/slightly hop on L lifting R-knee, bk R; Bk L/cl R, fwd L,
- 1234            **{Switch Bk}** Fwd R releasing L-hnds, fwd L; Sd R, cl L joining L-hnds (W fwd R comm circle walk CW, fwd L cont circle walk CW; Fwd R cont circle walk CW to M's bk, trng RF on R cl L) end TANDEM Pos both fcg LOD both hnds jnd W bhnd M,
- 12-a45a6       **{Tandem Sugar Hop}** Fwd R, fwd L; Swing R fwd/slightly hop on L lifting R-knee, bk R, bk L/cl R, fwd L;
- 123a4           16       **{Switch Bk W Trans}** Fwd R comm circle walk CW releasing L-hnds, fwd L cont circle walk CW, triple step R/L, R cont trng RF to fc LOD joining lead hnds (W fwd R, fwd L, fwd R trng RF 1/2 to fc RLOD, cl L) end LOP Fcg Pos M fcg LOD;

