

WEST COAST SWING

VARSOUVIENNE BREAKS;;-

VARs BRKS

described from FCG POS and right handshake, M fcg LOD

- M: Bk L, bk R trn ¼ LF, sm sd L/cl R, sd L ld W to trn LF jn L hnds to L-Shaped VARs COH;
XRib L/sd L, sd R, XLib R/sd R, sd & fwd L trn ¼ LF to VARs RLOD;
Raise L hnds for W to trn undr sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to stacked hnds L over R fc ptr and RLOD, ...
- W: Cross walk fwd R, fwd L, triple fwd R/L, R trn LF undr jnd L to L-Shaped VARs POS fcg RLOD;
Fwd L trn ½ RF/cl R, fwd L to L-Shaped VARs POS fcg LOD, fwd R trn ½ LF/cl L, fwd R to VARs POS RLOD;
Triple L/R, sm bk L almost in plc while trng RF undr jnd L hnds to fc ptr and LOD stacked hnds L over R, ...

EXTENDED VARSOUVIENNE BREAKS;;;:

EXTD VARs BRKS

described from FCG POS with stacked hands L over R, M fcg LOD

- M: Bk L, bk R trn ¼ LF raise jnd hnds to ld W to trn undr L hnds, sm sd L/cl R, sd L to L-Shaped VARs COH;
XRib/sd L, sd R, XLib/sd R, sd & fwd L trn ¼ LF to VARs RLOD;
Fwd R, fwd L trn ¼ RF to L-Shaped VARs COH, XRib/sd L, sd R;
XLib/sd R, sd & fwd L to VARs RLOD, raise L hnds for W to trn undr sm bk R with toes trnd out & instp cl to heel of L/rec L, slghtly bk R to stacked hnds L over R fc ptr and RLOD;
- W: Cross walk fwd R, fwd L, triple fwd R/L, R trn LF full arnd undr jnd L to L-Shaped VARs POS W fcg LOD;
Fwd L trn ½ RF/cl R, fwd L to L-Shaped VARs POS fcg RLOD, fwd R trn ½ LF/cl L, fwd R to VARs POS LOD;
Fwd L, fwd R, fwd L trn ½ RF/cl R, fwd L to L-Shaped VARs POS fcg RLOD;
Fwd R trn ½ LF/cl L, fwd R to VARs POS LOD, triple L/R, sm bk L almost in plc while trng RF undr jnd L hnds to fc ptr and LOD stacked hnds L over R;

Notes:

1. Both variations may start from „R handshake“ or „stacked hands L over R“.
2. In case of R HNDSHK L hnds are joined at the end of first measure.
3. M starts the figure like a „Left Side Pass“ leading W to trn LF to VARs on first triple.
4. In case hands are already stacked W trns under joined L hnds.
5. On the breaking actions the M is breaking with „Sailor Shuffles“ while W dances „Scissors“ in front of the M.
6. VARs BRKS end with an „Anchor“ for the M and a RF triple trn for W under joined L hands.
7. EXT VARs BRKS are extended 1 ½ measures by a plain „walk 2“ and second breaking actions.
8. Both variations turn ½ from beginning to end.
9. Both variations end by default in FCG POS „with stacked hands L over R“ regardless of starting position.