

The West Coast Swing Sugar Push

Six beats: 1, 2, 3, 4, 5 & 6 · walk, walk, tap, step, anchor step · stay in your slot

Remember: face your partner a few feet apart, leader's left hand holding the follower's right, low and relaxed. The follower travels along a straight lane (the slot); the leader stays near the middle. Keep steps small. The tap on 3 has no weight. Let the anchor on 5 & 6 finish before you start the next pattern.

Leader

Count	Step	Foot and direction
Start	–	Feet together, weight on right
1	Walk	Small step back on left
2	Walk	Small step back on right
3	Tap	Tap left beside right, no weight
4	Step	Forward onto left
5	Anchor	Right back, behind left heel
&	Anchor	Left in place
6	Anchor	Right in place, settle back

Follower

Count	Step	Foot and direction
Start	–	Feet together, weight on left
1	Walk	Forward on right
2	Walk	Forward on left
3	Tap	Tap right just behind left, no weight
4	Step	Back onto right
5	Anchor	Left back, behind right heel
&	Anchor	Right in place
6	Anchor	Left in place, settle back

Your five-minute practice

- Minute 1:** anchor steps only. Step back, change, change, settle. Count "5 & 6" out loud.
- Minutes 2-3:** your part of the sugar push alone, no music. Say "walk, walk, tap, step, anchor step."
- Minute 4:** dance along with the slow practice track (84 beats per minute).
- Minute 5:** dance along with the count-along video, or try the social-tempo track (100 beats per minute).

Check yourself

- Did I stay in a straight lane?
- Were my steps small, with no bounce?
- Did the tap on 3 stay weightless?
- Did I finish all three weight changes of the anchor?
- Was my arm soft: no pushing, no pulling?

When it feels easy

- Dance eight sugar pushes in a row with a partner.
- Try a song from the guide's list, like "Payphone."
- Ask Amy about the triple step on 3 & 4, the left side pass and the right side pass.