

January 2005

Extended Basic Patterns

Extended basics are typically combinations from our seven basic patterns. Each extended basic pattern is presented by Brandi Tobias on the companion video "Extended Basic Patterns" The following descriptions emphasize this similarity, present differences in the footwork and give the lead. Good knowledge of the basic patterns is assumed so detailed footwork is not given for all patterns. The good news is that you can combine your basics to move your dancing up a level or two. If you have problems then you should work on your basics before returning to the extended basics.

Disclaimer: These descriptions were written by Kirk Richardson and revised by Bob Byrd and may contain inaccuracies.

Dancing is the art of motion. Music is an accessory.

Closed Basic with Tuck Release

The footwork is the same as the Closed Basic followed by the basic Side Tuck. The difference is that the Side Tuck is initiated from closed position.

Man: Lead the Closed Basic then

- 1 Left foot down rail as man opens $\frac{1}{4}$ rotation to left
- 2 Replace weight to right foot and lead her forward with right hand on lady's back
- 3 Left foot behind right, toe to heel. Lift left hand causing her to tuck
- & Replace weight to right foot, continue moving lady down the slot
- 4 Left foot forward and into the track as body completes the $\frac{1}{2}$ turn rotation. Send her down slot. Release right hand going to open one-handed position.

Anchor-in-place

Lady: Follow the Closed Basic then

- 1 Right foot forward
- 2 Left foot forward
- 3 Right foot slightly in front of left, ball of foot only, Man lifts left hand causing her to turn slightly left.
- & Left foot goes down the slot crossing in front of right
- 4 Right foot forward straight down track

Anchor-in-place completing the turn (Tuck Ending)

Sugar Tuck: Combines Sugar Push and Tuck Turn.

Man: Basic Sugar Push footwork.

- 1 Left foot back
- 2 Right foot back and slightly to the right. Raise left hand to lead tuck. The man “blocks” with his hand (Lady’s hand up should be completed by 3).
- 3 Left foot behind right, toe to heel. The lady applies pressure on 3& then executes the turn. The lead is a signal for the lady to execute the tuck turn. The man does not make her do it.
- & Replace weight to right foot
- 4 Left foot forward and slightly left. Hand goes down slot.

Anchor-in-place 5&6 on 5 Move hand toward base position.

Lady: #1 mistake is not tucking your right side into the man. You need to execute the tuck when you receive the lead, the man can not force you to tuck. This means that you do NOT turn prior to 4!

- 1 Right foot forward
- 2 Left foot forward
- 3 Step in place.
- & Step in place, tuck into man.
- 4 Turn and step down slot with right foot.

Basic tuck anchor.

Under Arm Pass with Man’s Turn

Man: Footwork is the same as the Under Arm Turn through 4 then make a turn to the left. Be sure to face lady on 4 then make the turn on 5&6 (A turning Anchor-in-place).

- 4 Left foot side into the track. Use short arm to keep lady from getting too far away.
- 5 Lift left hand over man’s head and step to the rail with the right foot.
- & Replace weight on the left foot turning (under man’s own arm) toward lady. Start hand back to base.
- 6 Close to 3rd position, complete turn to face lady and establish connection. Hand is at base.

Lady: Foot work is identical to the Under Arm Pass. The man will stop you short on 4. After that you should lean slightly forward. **Do NOT** move down the slot or pull on his arm.

- 4 Right foot back slightly. You will feel the man stop short so you stop short with your arm matching the man.

Anchor-in-place. Lean slightly forward until the man completes his turn.

Left Side Pass with Inside (Left) Turn

Man: Footwork identical to Left Side Pass. Lady may not travel as much as in normal Left Side Pass so man may have to move down slot to make up the difference.

- 1 Left foot hooks behind right as man commences to turn left. **Prep lady right.**
- 2 Replace weight to right foot as $\frac{1}{4}$ turn is completed. **Prep lady left.**
- 3 Left foot behind right, toe to heel. **Lead turn by making a halo around the lady's head.**
& Replace weight to right foot. **Start hand down.**
- 4 Left foot forward and into the track as body completes the $\frac{1}{2}$ turn rotation. **Return hand to base.**

Anchor-in-place

Lady: Try to step far enough on 4 to establish proper position.

- 1 Right foot forward and slightly left to left of center.
- 2 Left foot forward and slightly left to right of center. Turns head to look over left shoulder to begin rotation, body does not yet rotate
- 3 Right foot down track, $\frac{1}{2}$ rotation completed
& Left foot next to right face away from man, $\frac{1}{2}$ rotation completed
- 4 Right foot back down slot to establish position facing man, $\frac{1}{2}$ rotation completed

Anchor-in-place

Basic Whip with Inside Release

Man: Footwork identical to Basic Whip

- 4 Left foot side completely across track. Raise left hand and point finger tips to the right. Very little lead is needed, lady will work the hand.
- 5 Right foot side down track as body completes $\frac{1}{4}$ rotation
- 6 Left foot steps into track as body completes $\frac{1}{4}$ rotation. Hand starts down.

Anchor-in-place. Hand returns to base on 7.

Lady: Footwork identical to Basic Whip for beats 1 - 4

- 4 Right foot forward. Hand is raised with his fingers pointing in the direction of the turn.
- 5 Left foot down track start rotation to left after taking weight on 5.
- 6 Right foot down track as body completes rotation to face man.

Anchor-in-place

Basic Whip with Double Outside Turn

Man: Footwork identical to Basic Whip

- 4 Left foot side completely across track. Raise left hand and point finger tips to the left.

- 5 Right foot side down track as body completes $\frac{1}{4}$ rotation. Left hand starts down track.
6 Left foot steps into track as body completes $\frac{1}{4}$ rotation. Left hand down track.

Anchor-in-place. Hand starts down on **&**. Hand returns to base reestablishing connection on **8**.

Lady: same as Basic Whip through 5. #1 mistake: lady leans forward on 8, should lean back and make connection. It is a $\frac{1}{2}$ turn then a $1\frac{1}{2}$ spin, make weight changes during the spin.

- 6 Right foot back, step down track as body completes $\frac{1}{2}$ rotation
7 Close feet and rotate a full turn
& Step down track, make $\frac{1}{2}$ turn
8 Close feet to 3rd position. Make connection with hand.

Inside Whip (Pick Up Whip)

Man: Footwork is identical to the Basic Whip.

Steps 1 and 2 are the same as an underarm turn.

- 2 Place back of right hand on her right shoulder blade before she takes weight on 2.
3 Left foot is placed slightly in front of right, ball of the foot only. Start rolling lady into palm.
& Replace weight to right completing $\frac{1}{2}$ rotation (use left foot to turn body). Continue rolling lady to closed position. You must be firm to prevent her from traveling too far down the slot.

Continue to execute the Basic Whip.

Lady:

- 1 Right foot forward
2 Left foot forward. Feel hand on back.
3 Step Forward turning $\frac{1}{2}$ rotation. Man will start rolling you into his hand
& Step together. Continue to roll into man's hand. He will signal you to stop. Stop yourself. Do not exert excessive pressure against the man's hand.

Continue to execute the Basic Whip.

Whip to Hammer Lock with a Free Spin Ending

Man: Execute a whip with inside release through 5 then

- 6 Bring hand down and roll her so the hand is on the small of her back and you are standing on the rail facing across the slot. As she turns change hands so you now have her right hand in your right hand. Take her left hand with your left hand.

Footwork close feet on 6, 7&8 is weight changes while on the rail. The feet do not go anywhere.

- 1 Step to left down rail with slight rotation to left.. Prep her left.
 - 2 Step slightly into slot with slight rotation to left. Prep her right
 - 3 Release right hand. Lead free spin.
- Footwork on 3&4 is a triple step.

Anchor-in-place

Lady: Execute a whip with inside release through 5 then

- 6 Rotate to the left.
- 7&8 Continue rotating stopping on 8 under-rotated.

- 1 Prep left.
- 2 Prep right.
- 3&4 Inside turn. Footwork same as the inside turn on the Left Side Pass.

Anchor-in-place