

Triple Swing Basic

		Man's		Ladies	
Phase	Time	Foot	Details	Foot	Details
Basic	1	L	Side slightly left	R	Side slightly right
	and	R	Side together	L	Side together
	2	L	Side slightly left	R	Side slightly right
	3	R	Side slightly right	L	Side slightly left
	and	L	Side together	R	Side together
	4	R	Side slightly right	L	Side slightly left
	5	L	Back	R	Back
	6	R	Replace	L	Replace

Triple Swing Ladies Natural Turn

		Man's		Ladies	
Phase	Time	Foot	Details	Foot	Details
Lead	5	L	Back	R	Back
	6	R	Replace, lead with left out to the left side as you move forward	L	Replace
Lady's Natural Turn	1	L	Side	R	Side
	and	R	Together	L	Together
	2	L	Side, Bring down hand to help finish the turn	R	Side, right right foot 1/4 turn Pivot 3/4 turn on ball of right
	3	R	Side	L	Side
	and	L	Together	R	Together
	4	R	Side	L	Side
	5	L	Back	R	Back
	6	R	Replace	L	Replace

Triple Swing Ladies Reverse Turn

		Man's		Ladies	
Phase	Time	Foot	Details	Foot	Details
Lead	5	L	Back	R	Back
	6	R	Replace, lead with left hand pulling over your right shoulder	L	Replace
Lady's Reverse Turn	1	L	Side/forward around her	R	Forward, across left
	and	R	Together, around her	L	Together
	2	L	Side, around her, hand down to close her	R	Forward, pivot left
	3	R	Side	L	Side
	and	L	Together	R	Together
	4	R	Side	L	Side
	5	L	Back	R	Back
	6	R	Replace	L	Replace