

## Triple Swing Tuck-in and Hammerlocks

		Man's		Ladies	
Phase	Time	Foot Details		Foot Details	
Tuck and turn	1 and 2	L R L	Side, tuck in left hand Together Side, Lead Natural turn, 2 hand hold	R L R	Forward, he leads towards him Together, right side is in Forward, Spin to right
Lady's Hammerlock	3 and 4	R L R	Side Together Side	L R L	Side Together Side, your left hand is behind you
Rock Step	5 6	L R	Back Replace	R L	Back Replace
Inside UnderArm	1  and 2	L  R L	Forward, left passed her  Together Side	R  L R	Forward, he unwraps, leading your left hand Together, turn left Side
Man's Hammerlock	3  and 4	R  L R	Around behind Turn strongly to right Release right hand Turn right Forward, left arm behind your back	L  R L	Side  Together Side
Rock Step	5 6	L R	Back Replace	R L	Back Replace
Lady's Reverse Turn	1 and 2	L R L	Turn left Together Side, Turn her	R L R	Forward, he leads across his back Together, turn left Side
	3 and 4	R L R	Side Together Side	L R L	Side Together Side
Rock Step	5 6	L R	Back Replace	R L	Back Replace

This is fundamentally a natural turn followed by 2 reverse turns.  
The hammerlock is a part of the reverse cuddle.