

Triple Swing Wrist Spins

		Man's		Ladies	
Phase	Time	Foot Details		Foot Details	
Wrist Tuck	1	L	Forward, left passed her	R	Forward, he leads towards him
	and	R	Together	L	Together
	2	L	Bring her hand forward into tuck Your right hand on her wrist Forward, Pivot to left	R	Foward, Spin to right
Lady's turning triple	3	R	Side	L	Side, Spin, progress past him
	and	L	Together	R	Side, Spin
	4	R	Side	L	Side
Rock Step	5	L	Back	R	Back
	6	R	Replace	L	Replace
Wrist Tuck	1	L	Forward, left passed her	R	Forward, he leads towards him
	and	R	Together	L	Together
	2	L	Bring her hand forward into tuck Your right hand on her wrist Forward, Pivot to left	R	Foward, Spin to right
Lady's turning triple	3	R	Side	L	Side, Spin, progress past him
	and	L	Together	R	Side, Spin
	4	R	Side	L	Side
Rock Step	5	L	Back	R	Back
	6	R	Replace	L	Replace
Lady's Reverse Turn	1	L	Side and forward, towards her	R	Forward, he leads towards him
	and	R	Together	L	Together
	2	L	Lead her passed your right Side, Turn her	R	Foward, turn left
Man's Reverse Turn	3	R	Side, Turn yourself to left	L	Side
	and	L	Together	R	Together
	4	R	Side	L	Side
Rock Step	5	L	Back	R	Back
	6	R	Replace	L	Replace

This is an exchange of position step
For her 2 natural tuck turns and a reverse turn