

Swirl-Throw Out-Wrap Combo

Pre-requisite

This is an advanced 2 step amalgamation. Although it is not imperative, it will make the learning of this sequence much easier if you already know how to complete the following:

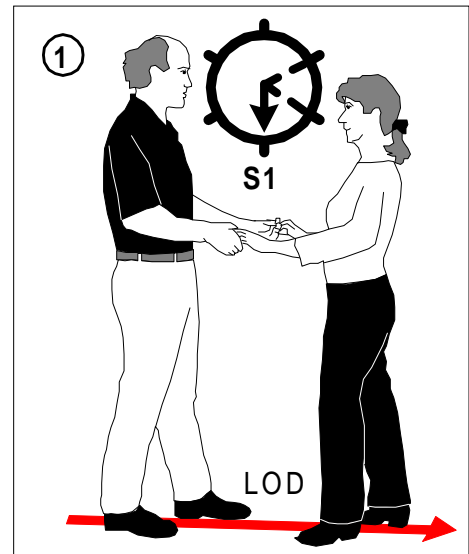
- Inside Swirl (Beginning – Second level)
- Throw Out (Advanced – Seventh level)
- Sweetheart Wrap (Intermediate – Fourth level)

Overview

This amalgamation begins in open frame with the gentleman facing forward and the lady facing backward line of dance. The gentleman leads the lady into the hammerlock square off of the inside swirl. However, rather than leading the lady back to open frame, he completes footwork for the left throw out while spinning the lady down the line of dance – both hands connected. As he crosses in front of the woman, the couple ends up in sweetheart wrap position, and the two tightly spin each on one foot to return to forward line of dance in a wrap frame.

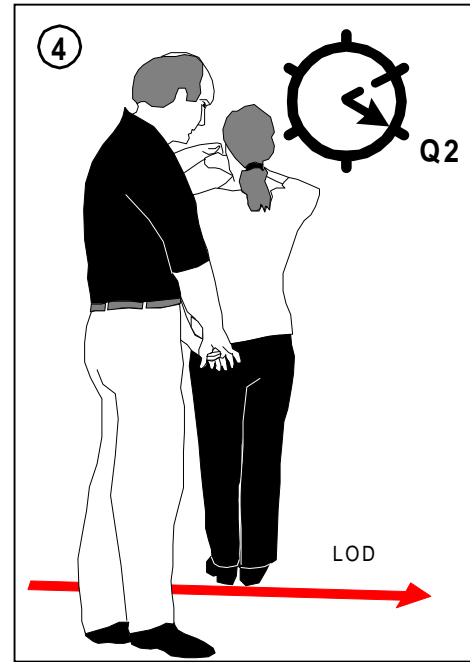
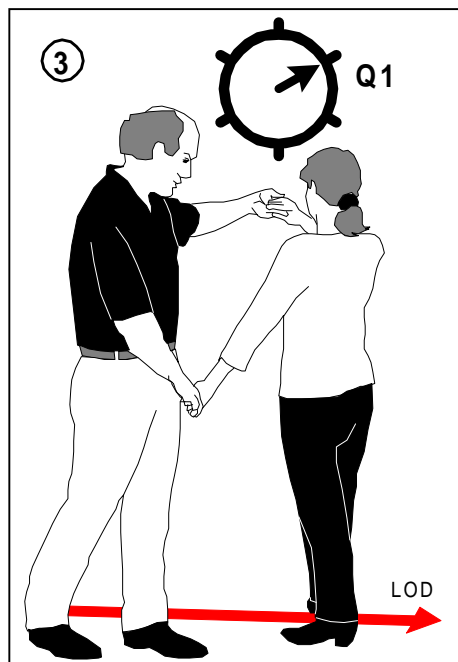
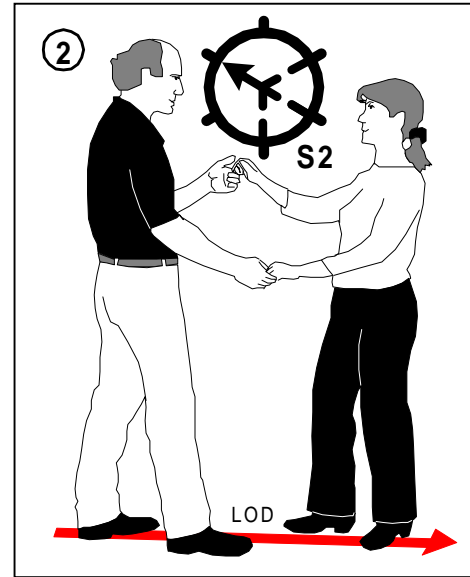
Inside Swirl

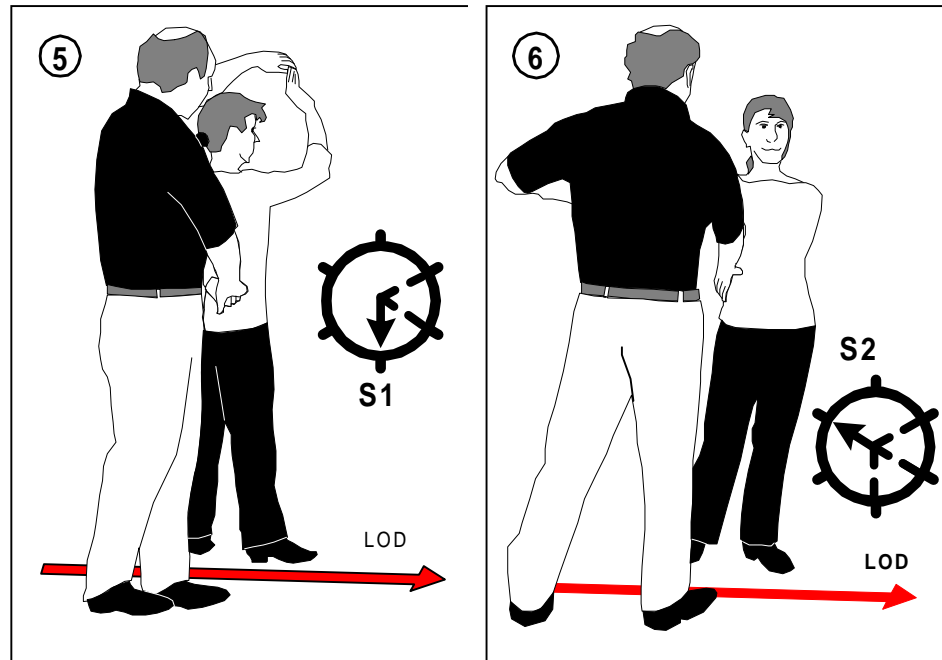
We will begin with a brief discussion of the first part of the inside swirl. In this case, partners are in open frame with the gentleman facing forward line of dance. In figure one, both partners have taken the first step of the pattern – a slow. Note that there is no other activity, signal, etc.



In figure two, both partners have taken the second step – a slow. The gentleman lifts his left hand as a signal. No other activity is occurring. This is just the signal step.

In figure 3 and 4, the gentleman takes two quick steps along the outside line of dance, holding his left hand in front of the lady's face and slightly turning her other hand behind her back. This causes her to complete a side together for her quick steps on the inside line of dance.





In figure 5, the gentleman takes his third forward step – a slow and arches his left arm over the lady’s head to cause her to pivot on her left foot and take a step down the line of dance.

In figure 6, the gentleman pivots a $\frac{1}{4}$ turn on his left foot and takes a square off stance. At the same time, he pulls his left hand through along a line about chest level but half way between the partners. This causes the lady to pivot on her right foot and take a lady’s square off position.

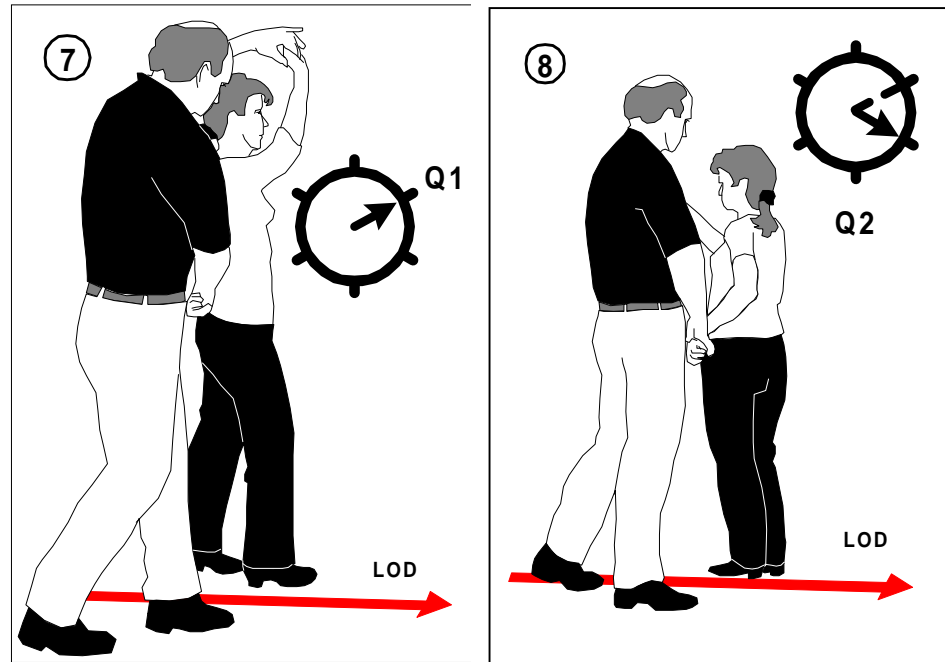
Points to note are :

- Each partner has the body weight over the forward foot – right foot for the gentleman and left foot for the lady.
- The lady’s right arm (not visible here) is extended along the line of dance, and the gentleman’s left arm is curved to meet it.
- The lady’s left arm is in hammerlock position behind her back with palm facing out. The gentleman’s right palm is against her left palm and pressing against her hip. The two maintain contact with slight curved fingers.

End of the Swirl

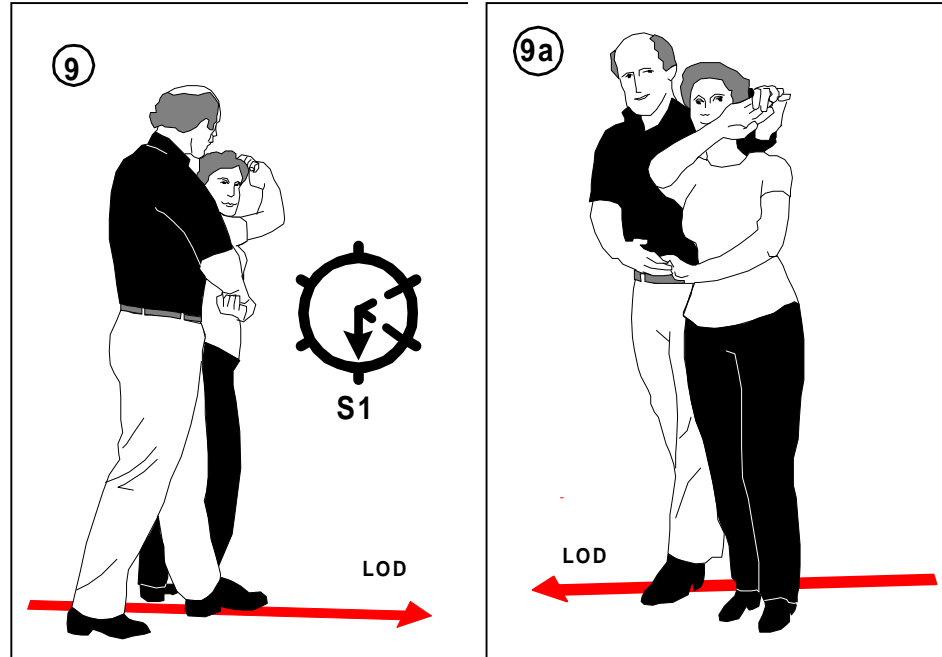
This is the end of swirl portion. At this point, the amalgamation will be treated as a left throw out with two hands connected.

Left Throw Out



In the left throw out, the gentleman takes three forward steps along the outside line of dance. Figures 7 and 8 show two of these as quick steps. At the same time, in this amalgamation, the gentleman tugs gently on the hammerlock hand behind her back to cause her to begin a chaîné spin. (Refer to Spin-Spin-Spin.)

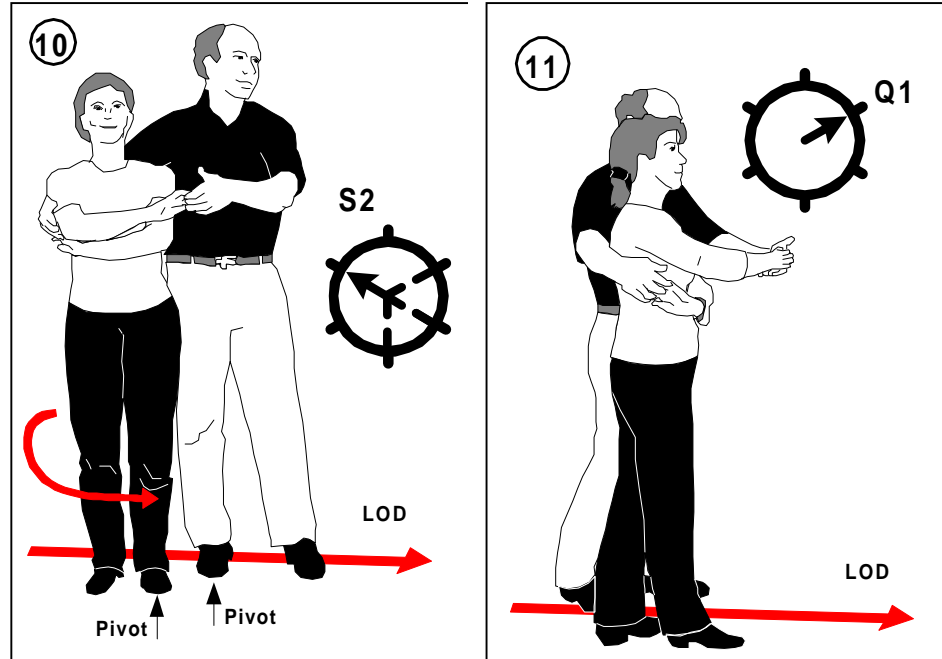
His left hand loops once over her head as the arm behind her back unwinds.



The third forward step of the gentleman as shown in figure 9 is the key to the successful left throw out. Although it is in a line with the two previous quick steps along the outside line of dance, it is also a prep step to be prepared to pivot and step across in front of the lady.

Since the body of the gentleman blocks the view of the lady in figure 9, figure 9a shows a view of the opposite side looking from dance floor center to outside line of dance. This shows the continuing chaîné spin of the lady and the man's left hand looping over the lady's head for the second time. The gentleman's right hand continues to hold the lady's hammerlock hand so that it wraps up across her tummy.

Sweetheart Wrap



In figure 10, the gentleman has stepped across the line of dance with his right foot, lowered the lady's right hand to lock her into a sweetheart wrap, and spun a $\frac{1}{4}$ turn on his right foot. This brings the lady facing outside line of dance as she pivots on her left foot for the last step of the chaîné spin.

In figure 11, the gentleman turns a $\frac{1}{4}$ turn to his left and steps forward line of dance with his left foot for his first quick step. He gently compels the lady to make a $\frac{1}{4}$ turn to her left with his forearm on her back. The lady presses out with her hands to establish frame, and the gentleman assumes an overlapping position slightly behind the lady. This is the standard terminal position of the sweetheart wrap.

Where do you go from here?

The gentleman may use any of several exits from the sweetheart wrap to end up with him forward line of dance, backward promenade, etc. We will provide a later segment that will build on this amalgamation and offer some challenging moves.

Conclusion

This concludes the segment on the Swirl-Throw Out-Wrap combo.