

## A SPOONFUL OF WEST COAST

Choreographer: Tom Hicks (310)-714-2440 T.hicks6@gmail.com  
Music & Rhythm: "Spoonful", Etta James "At Last" WCS  
Footwork: Opp unless indicated (W's footwork in parentheses)  
Sequence: INTRO-A-B-C-A-B-C MOD-A-D-B-END Phase IV +2 (Sugar Toe Heel Cross, Whip)  
Available on iTunes or Amazon <https://youtu.be/jeeot1j3KeM> Release Aug 2022

### INTRO

**1-4 Wait 2 Meas Back to Back M Facg RLOD W Facg LOD Lead FT Free;; Circle Away & Tog w/ Step Touch 3X;; Anchor to LOP Facg LOD;**

1-4 Wait 2 meas in Bk to Bk M facg RLOD W facg LOD Ld ft free; [Circle Away & Tog w/ Stp Pts 3X] Fwd L trng LF, Tch R to L, Fwd R cont trng LF, Tch L to R; Fwd L to fac ptr, Tch R to L, [Anchor] XRIB of L/Inplace L, Bk R LOP FAC Facg LOD; (W trns RF)

### PART A

**1-4 Push Break w/Rock (12 34 56 7&8) LOP LOD;; Extended Underarm Turn w/ 2 Walks (12 3&4 56 7&8) LOP RLOD;;**

1-4 [Push Break w/Rck] Bk L, Bk R leading the Lady fwd, Bk L/Cl R to L, Fwd L chkg the Lady; {Rck}, Rck bk R, Rec fwd L, XRIB of L/Inplace L, Bk R LOP FAC Facg LOD; (Fwd R, Fwd L, Fwd R/Cl L to R, Bk R chkg; {Rck} Rck fwd L, Rec bk R, XLIB of R/Inplace R, Bk L; ) [Extend U/A Trn] Bk L Idg W fwd raising the Id hds, Fwd R XIF of L off the track Idg W under the raised hds, Sd L sm stp/Rec R, Sd L trng RF facg RLOD leading W under the joined hds; {Wlk 2} Fwd R, Fwd L, XRIB of L/Inplace L, Bk R LOP RLOD (Fwd R, Fwd L, Fwd R/XLIF of R trng LF under the joined hds, Sd R trng LF to face LOD; {Bk Wlk 2} Bk L, Bk R, XLIB of R/Inplace R, Bk L facg LOD;)

**5-8 Left Side Pass (12 3&4 5&6) LOP LOD;;, Sugar 2 (QQ);, Slow SD Break (&S &S); Chicken Walk 4 (QQQQ) LOP LOD;**

5-8 [Lf Sd Pass] Bk L leading W fwd, bk R dance off the track leading W fwd passed the M, Sd & bk L/Cl R to L, Fwd L into the track trng LF to fac LOD; XRIB of L/Inplace L, Bk R to LOP FAC Facg LOD, (Fwd R, Fwd L passing the M, Fwd & sd R/XLIF of R trng LF, Sd & bk R facg RLOD; XLIB of R/Inplace R, Bk L, ) [Sugar 2] Bk L, Bk R; [SI Sd Brk] Sd L/sd R legs split,-, In L/Cl R to L LOP LOD,-; [Chicken Wlk] Bk L, R, L, R; (Swivel Fwd R, L, R, L;)

### PART B

**1-4 Wrapped Whip (12 3&4 56 7&8) LOP LOD;; Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);;**

1-4 [Wrapped Whip] Bk & sd L off the track leading W fwd, XRIF of L trng RF leading W fwd raising Id hds, Sd L sm stp/Rec R, Sd L trng RF facg RLOD leading W to wrap pos facg RLOD; XRIB of L, Sd & fwd L dancing bk on the track leading W to bk up facg LOD & W, XRIB of L/Inplace L, Bk R LOP FAC Facg LOD; (Fwd R, Fwd L, Fwd R/Cl L to R, Bk R endg in wrapped pos; Bk L, Bk R, XLIB of R/Inplace R, Bk L; ) [SI Swvl In & Out 2X] Fwd L twds ptr, Swivel RF on L to bk to bk pos ptr R away, Fwd R away from ptr, Swivel LF on R to face ptr in LOP Pt L twds ptr; Repeat meas 3 of Part B;

**5-8 Whip (12 3&4 56 7&8);, Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);,;**

[Whip] Bk & sd L off the track leading W fwd, XRIF of L trng RF leading W to trn RF, Sd L sm stp/Rec R, Sd L trng RF facg RLOD; XRIB of L, Sd & fwd L dancing bk on the track facg LOD, XRIB of L/Inplace L, Bk R LOP FAC Facg LOD; (Fwd R, Fwd L trng ½ RF, Bk R/Cl L to R, Fwd R stay on the track facg LOD; Fwd L trng ½ RF, Bk R, XLIB of R/Inplace R, Bk L; ) Repeat Meas 3-4 of Part B;;

### PART C

**1-4 Back Step Point 4X away from Ptr (QQQQ QQQQ);, Solo Rock the Boat Tog 4X (QQQQ QQQQ) to Tandem Facg Wall;;**

1-4 [Bk Stp Pts Away 4X] Bk L releasing ptr facg LOD, Pt R sd twds Wall snap fingers, Bk R, Pt L sd twds COH snap fingers; Repeat meas 1 of Part C; [Solo Rck the Boat Tog 4X to Tandem Wall] Fwd L with L shoulder leading & shaped Down twds ptr, Close R to L Shape L shoulder up, Repeat;; Repeat,, Fwd & sd L twds W crossing behind her, Cl R to L trng RF Tandem behind W facing Wall;

**5-6 Side Lunge 3X L & R & L (S S S);, Chasse R (Q&Q) to Face LOP LOD;**

[Sd Lng 3X L & R & L] Sd L lunging into L knee catching W w/ the R hnd looking at W,, Sd R lunging into R knee catching W w/ the L hnd looking at W;; Repeat the 1<sup>st</sup> half of meas 5 of Part C,, [Chasse to Face] Sd R twds RLOD leading W twds LOD/Cl L to R trng LF, Sd R cont LF trn to LOP LOD;;

### REPEAT PART A

### REPEAT PART B

### PART C MOD

**1-4 Back Step Point 4X away from Ptr (QQQQ QQQQ);, Solo Rock the Boat Tog 4X (QQQQ QQQQ) to Tandem Facg Wall;;**

- 1-4 Repeat Meas 1-4 of Part C;;;
- 5-8** Side Lunge 3X L & R & L (S S S);,, (S) Stand in Tandem facg Wall; Side Lunge 3X L & R & L (S S S);,, Chasse R (Q&Q)to Face LOP LOD;  
Repeat Meas 5 and ½ of Part C;;, [Stand in Tandem] Rec sd R in place tch L to R Tandem Wall; Repeat Meas 5-6 of Part C;;

**REPEAT PART A to BFLY**

**PART D**

- 1-4** Chase L & R (Q&Q Q&Q); Double Rock Apart (QQQQ); Chasse L & R; Slow Side Close (SS);  
1-4 [Chasse L & R] Sd L/Cl R to L, Sd L, Sd R/Cl L to R, Sd R BFLY LOD; [Double Rck Apt] Apt L, Rec fwd R, Apt L, Rec fwd R BFLY LOD; [Chasse L & R] Repeat meas 1 of Part D [SI Sd CI] Sd L,-,Cl R to L,-;
- 5-6** Sugar Toe Heel Cross w/ Tuck & Twirl (1234 5678 12 3&4) ;;; Side Break & Hold (&S Hold S);  
3-4 [Sugar Toe Heel Cross] Bk L, Bk R leading W fwd to BFLY LOD, Swiveling sl RF tch L toe to R, Swiveling sl LF tch L heel fwd; XLIF of R, Swiveling sl LF tch R toe to L, Swiveling sl RF tch R heel fwd, XRIF of L; [Tck & Twirl] Tch L to R tuck W LF, Inplace L, XRIB of L/Inplace L, Bk R; (Tch R to L tuck LF, Trng RF fwd R sm stp, Inplace L/R, L trng RF under the joined hds to fac M; [Sd Brk & Hold] Sd L/sd R legs split LOP Facg LOD,-,-,-;

**REPEAT B**

**END**

- 1-3** Back Step Point 4X away from Ptr (QQQQ QQQQ);; Walk tog 3 trng to Bk to Bk Pos;  
1-3 Repeat Meas 1-2 of Part C;;, [Wlk Tog 3 & trn to Bk to Bk pos] Fwd L, R, L twds ptr Swiveling RF on the L to a Bk to Bk pos M facg RLOD W fac LOD,-;

**SPOONFUL OF WEST COAST - Head Cues**

- INTRO** Wait 2 Meas Back to Back M Facg RLOD W Facg LOD Lead FT Free;; Circle Away & Tog w/ Step Touch 3X;;, Anchor to LOP Facg LOD;
- PART A** Push Break w/Rock (12 34 56 7&8) LOP LOD;; Extended Underarm Turn w/ 2 Walks (12 3&4 56 7&8) LOP RLOD;; Left Side Pass (12 3&4 5&6) LOP LOD;;, Sugar 2 (QQ);; Slow SD Break (&S &S); Chicken Walk 4 (QQQQ) LOP LOD;
- PART B** Wrapped Whip (12 3&4 56 7&8) LOP LOD;; Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);; Whip (12 3&4 56 7&8);; Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);;;
- PART C** Back Step Point 4X away from Ptr (QQQQ QQQQ);; Solo Rock the Boat Tog 4X (QQQQ QQQQ) to Tandem Facg Wall;; Side Lunge 3X L & R & L (S S S);,, (S) Stand in Tandem facg Wall; Side Lunge 3X L & R & L (S S S);,, Chasse R (Q&Q) to Face LOP LOD;
- PART A** Push Break w/Rock (12 34 56 7&8) LOP LOD;; Extended Underarm Turn w/ 2 Walks (12 3&4 56 7&8) LOP RLOD;; Left Side Pass (12 3&4 5&6) LOP LOD;;, Sugar 2 (QQ);; Slow SD Break (&S &S); Chicken Walk 4 (QQQQ) LOP LOD;
- PART B** Wrapped Whip (12 3&4 56 7&8) LOP LOD;; Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);; Whip (12 3&4 56 7&8);; Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);;;
- PART C(MOD)** Back Step Point 4X away from Ptr (QQQQ QQQQ);; Solo Rock the Boat Tog 4X (QQQQ QQQQ) to Tandem Facg Wall;; Side Lunge 3X L & R & L (S S S);,, (S) Stand in Tandem facg Wall; Side Lunge 3X L & R & L (S S S);,, Chasse R (Q&Q)to Face LOP LOD;
- PART A** Push Break w/Rock (12 34 56 7&8) LOP LOD;; Extended Underarm Turn w/ 2 Walks (12 3&4 56 7&8) LOP RLOD;; Left Side Pass (12 3&4 5&6) LOP LOD;;, Sugar 2 (QQ);; Slow SD Break (&S &S); Chicken Walk 4 (QQQQ) BFLY LOD;
- PART D** Chase L & R (Q&Q Q&Q); Double Rock Apart (QQQQ); Chasse L & R; Slow Side Close (SS); Sugar Toe Heel Cross w/ Tuck & Twirl (1234 5678 12 3&4) ;;; Side Break & Hold (&S Hold S);
- PART B** Wrapped Whip (12 3&4 56 7&8) LOP LOD;; Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);; Whip (12 3&4 56 7&8);; Slow Swivel In to Bk to Bk & Out to Face 2X (SS SS);;;
- END** Back Step Point 4X away from Ptr (QQQQ QQQQ);; Walk tog 3 trng to Bk to Bk Pos;

