

# ALL THE WAYS

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**MUSIC:** Meghan Trainor - "All The Ways" - Download From Amazon **SPEED:** Slow from 28 to 25mpm

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**SEQUENCE:** Intro, A (3-8), B, A, B, C, D, B, C, Ending **RELEASED:** July 2019

**RHYTHM:** West Coast Swing **PHASE:** VI **FOOTWORK:** Described for M - W opp (or as noted)

## INTRO

### **1 - 2 WAIT 3,,, FWD TO SURPRISE WHIP ENDING;;**

- 4 Wait 3 beats in LOP "V" fcg ptr & RLOD w/lead foot free,,, on 4<sup>th</sup> beat fwd L slightly to L (fwd R) blending to CP;  
 123&4 **{Surprise Whip Ending}** Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" M fcg ptr & RLOD;  
**NOTE:** Next cue is Whip w/Hand Change Behind the Back or measures 3 & 4 of Part A.

## PART A (3-8)

### **1 - 4 \* SURPRISE WHIP \*;; WHIP w/HAND CHANGE BEHIND THE BACK;;**

- NOTE:** \* Omit measures 1-2 first time thru Part A (Surprise Whip) and start with measure 3 (Whip w/Hand Chg) \*  
 123&4 **{Surprise Whip}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R) to end momentary CP M fcing RLOD but M slightly out of slot to his L;  
 123&4 Leading W to trn RF fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, anchor R/L, R (trng ½ RF on R bk L LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn anchor L/R, L) to end LOP "V" M fcg ptr & RLOD;  
 123&4 **{Whip w/Hand Chg Beh Bk}** Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L folding W's R arm behind her bk (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end mom CP M fcing LOD;  
 123&4 Using R hand take W's R hand behind her back trng ½ RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L trng RF, fwd R completing 1 ½ RF trn to fc M, bk to anchor L/R, L) to end w/R hands "V" pos M fcing ptr & RLOD;

### **5 - 8 SHADOW TUCK & 4 COUNT DOUBLE OUTSIDE ROLL;;, FACE LOOP PUSH BREAK;;**

- 12-4 **{Shadow Tuck & 4 Count Double Outside Roll}** Bk L, rec R across L comm RF trn, leading W to trn LF cont RF trn point L sd twd RLOD to momentary shadow pos fcing COH R hands joined at about shoulder level & L hand on W's L shoulder, fwd L across slot trng RF (fwd R, fwd L, trng ¼ LF tch R to L, trng ¼ RF fwd R twd LOD) to momentary TANDEM POS LOD M BEHIND W;  
 1234 Fwd R leading W under joined R hands, fwd L, fwd R leading W under again, fwd L; Bk to anchor R/L, R (fwd L twirl 7/8 RF on L under joined R hands, fwd R LOD cont RF trn, fwd L twirl 7/8 RF under joined R hands, fwd R cont RF trn; bk to anchor L/R, L),  
 341&2 **{Face Loop Push Break}** Bk L, almost cl R to L; In place L/R as you loop joined R hands over head w/L hand on W's R hip fwd L, cl R to L/in place L, R (fwd R, L, cl R to L/in place L taking R hands over M's head L hand on M's R hip bk R, cl L to R/in place R, L) to end feet together LOP FCING M fcg ptr & LOD;

## PART B

### **1 - 4 OK SIDE BREAK & IN IN OUT OUT; SLOW CHICKEN WALK 2; WRAPPED WHIP (HANG ON) w/SURPRISE CHECK ENDING TRAIL HANDS;;**

- 8&1&2 **{Ok Side Break & In In Out Out}** Sd L/sd R, together L under L hip/cl R to L, lifting slightly fwd L twd ptr/cl R to L, lifting slightly bk L away from ptr/cl R to L to end w/feet together LOP FCING M fcing ptr & LOD;  
 8&3&4 **{Slow Chicken Walk 2}** Bk L,-, bk R,- (fwd toeing out R,-, fwd toeing out L);  
 123&4 **{Wrapped Whip}** Bk L, rec R across L and join trail hands comm RF trn, bring lead hands over W's head as you cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R) to end WRAP POS FCING RLOD;  
 123&4 **{w/Surprise Check Ending}** Fwd R flexing knee w/check action looking bk at W, rec L raising joined lead hands, & maintain trailing hands joined as well bk to anchor R/L, R (bk L LOD flexing knee, rec R comm RF trn under lead hands, cont RF trn bk to anchor L/R, L) release lead hands to end w/trail hands joined M fcg ptr & RLOD;

**PART B (CON'T)****5 - 8 LEFT SIDE SPRING WHIP; w/INSIDE TURN TO R HAND STAR; 2 TRAVELING TRIPLES; ROLL 2 & ANCHOR;**

- 1234 {Left Side Spring Whip w/Inside Turn to R Hand Star} Releasing lead hands trng LF bk L twds COH, sd & fwd R twd RLOD cont LF trn as you lead W RF under trailing hands, cont LF trn sd L RLOD w/soft knee to OPEN COH, rec R trng RF leading W to trn LF (fwd R, fwd L trn  $\frac{3}{4}$  RF under joined trail hands, sd R LOD w/soft knee, rec L trng LF);
- 1&234 Cont RF trn sd & fwd L catching W's L shldr blade w/R hand/rec R, sd & fwd L to momentary CP RLOD, trng RF XRIB of L leading W under joined lead hands, cont RF trn sd & slightly bk L (cont LF trn sd R/cl L to R cont LF trn, fwd R to momentary CP RLOD, fwd L, fwd R trng  $\frac{1}{2}$  LF under joined lead hands);
- 1&23&4 {2 Traveling Triples Roll 2 & Anchor} Cont slight RF trn to R hand star down LOD sd R/cl L to R, sd R trng  $\frac{1}{4}$  RF to L hand star, sd L/cl R to L, sd L trng  $\frac{1}{4}$  LF;
- 123&4 Sd R trng  $\frac{1}{2}$  LF, sd L trng  $\frac{1}{4}$  LF to fc ptr checking, bk to anchor R/L, R to to end LOP "V" M fcg ptr & LOD;

**9-12 HALF WHIP; w/ROCK 3 & PIVOT; INTO ROCK WHIP; & TWIRL HER OUT TO FACE;**

- 123&4 {Half Whip} Bk L, rec R across L comm RF trn, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end CP M fcing RLOD;
- 1234 {w/Rock 3 & Pivot into} Rock fwd R, bk L, fwd R, bk L pivot  $\frac{3}{8}$  RF;
- 1234 {Rock Whip & Twirl W to Fc} Cont RF trn as a couple fwd R LOD between W's feet, cont RF trn to rec L twd COH, cont RF trn fwd R RLOD between W's feet, cont RF trn to rec L twd WALL;
- 123&4 Fwd R LOD raising lead hands for W to trn under, fwd L, bk to anchor R/L, R (bk L cont RF trn under joined lead hands, fwd R cont RF trn, complete 1 full RF trn bk to anchor L/R, L) to end LOP "V" M fcg ptr & LOD;

**PART A****PART B****PART C****1 - 4 SIDE WHIP; TO A HANDSHAKE; SUGAR PUSH w/INSIDE OUT TURN;;**

- 12-- {Side Whip} Bk L, rec R across L comm RF trn, cont slight RF trn point L sd twd LOD, hold (fwd R, fwd L trng  $\frac{1}{2}$  RF, bk R/cl L to R, fwd R);
- 1-3&4 Shifting weight to L using strong press line, cont to lead W fwd, bk in slot to anchor R/L, R (fwd L, fwd R trng  $\frac{1}{2}$  LF, bk to anchor L/R, L) join R hands to end w/handshake "V" M fcing ptr & LOD;
- 12-4 {Sugar Push w/Inside Out Turn} Bk L, almost cl R to L, raising joined R hands to turn W LF tch L to R placing L hand on W's L shoulder, fwd & sd L out of slot (fwd R, fwd L, trng  $\frac{1}{2}$  LF on L under joined R hands tch R to L, fwd R) to TANDEM POS LOD M behind W;
- 123&4 Fwd R, fwd L checking, bk to anchor R/L, R (fwd L trng RF under joined lead hands, cont RF trn fwd R completing 1  $\frac{1}{2}$  RF twirl to fc M, bk to anchor L/R, L) to end with R handshake "V" M fcing ptr & LOD;

**5 - 8 R HANDS INSIDE WHIP w/INSIDE TURN;; TUMMY WHIP w/LADY ROLL R (& SPIN OPT);;**

- 123&4 {R Hands Inside Whip} Bk L, rec R across L comm RF trn leading W to turn LF under joined R hands, cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, fwd L trng LF, cont LF trn bk R/cl L to R, fwd R) to end M out of slot w/R handshake M fcing ptr & RLOD;
- 123&4 {w/Inside Turn} Trng  $\frac{1}{2}$  RF XRIB of L, fwd & sd L, bk to anchor R/L, R (fwd L, fwd R trng  $\frac{1}{2}$  LF under joined R hands, bk to anchor L/R, L) to end w/R handshake "V" M fcing ptr & LOD;
- 123&4 {Tummy Whip} Bk L, rec R across L comm RF trn, releasing R handshake placing R hand on W's R hip cont RF trn sd & fwd L/rec R, sd & fwd L (fwd R, L, fwd R/cl L to R, bk R);
- 123&4 {w/Lady Roll R & Spin} Trng  $\frac{1}{2}$  RF XRIB of L tugging slightly on W's R hip leading her to roll R, fwd & sd L keeping R hand on W's R hip, push slightly on W's R hip leading her to spin R anchor R/L, R (bk L comm RF roll, fwd R cont RF roll, small fwd L cont RF roll/cl R to L, bk L completing 2 RF trns) to end LOP "V" fcg ptr & LOD;

**OPTION:** Though the spin is described above, W may just do standard anchor bk L/R, L replacing the spin.

**PART D****1 - 4 SUGAR PUSH w/HOOK TURN TO HANDSHAKE;; RIGHT SIDE PASS w/TUCK & TWIRL;; TO 2 SAILOR SHUFFLES;**

- 12-4 {Sugar Push w/Hook Turn to Handshake} Bk L, almost cl R to L, pt L fwd touching trailing hands, fwd L leading  
 1&2 W away; XRIB of L trng RF under joined lead hands/in place L cont RF trn, fwd & across R twd RLOD as you  
 change to R hands joined (fwd R, L, tap R behind L, bk R; anchor L/R, L) M now fcng DRC & W fcng RLOD,  
 34 {Right Side Pass w/Tuck & Twirl} Soft lunge fwd & sd L leading W fwd, rec R; Tch L to R leading W to trn R to  
 -23&4 fc you, fwd L leading W under joined R hands, bk to anchor R/L, R (fwd R, fwd L; trng ¼ LF tch R to L, trng ¼ RF  
 fwd R twd RLOD trng RF under joined R hands, cont RF trn bk to anchor L/R, L) to end LOP "V" pos M fcng ptr  
 & RLOD;  
 1&23&4 {2 Sailor Shuffles} Ronde L CCW XLIB of R/sd R, sd L, ronde R CW XRIB of L/sd L, sd R;

**5 - 8 LEFT SIDE PASS w/TUCK & SPIN;; CHEEK TO CHEEK;; 2 KICK BALL CHANGES;**

- 12-4 {Left Side Pass w/Tuck & Spin} Bk L trng ¼ LF, bk R twd COH, tch L to R bringing joined lead hands palm to  
 1&2 palm about chest level tucking W in, lead W away fwd L trng LF; Bk to anchor R/L, R (fwd R, fwd L, trn ¼ LF tch  
 R to L, trng RF releasing hands fwd R; cont RF trn bk to anchor L/R, L) to end LOP "V" pos M fcng ptr & LOD,  
 34 {Cheek to Cheek} Bk L, rec R comm RF trn; Lift L knee up & across body trng 3/8 RF touching M's L hip to W's  
 -23&4 R hip, small fwd & across L, trng slightly LF bk to anchor R/L, R (fwd R, L comm LF trn; lift R knee up & across  
 body trng 3/8 LF, small fwd & across R, trng slightly RF bk to anchor L/R, L) to end LOP "V" M fcg ptr & LOD;  
 -&2-&4 {2 Kick Ball Changes} Kick L fwd & sd/cl L on ball to R, cl R to L in place whole foot, kick L fwd & sd/cl L on ball  
 of R, cl R to L in place whole foot to end feet together LOP FCING M fcng ptr & LOD;

**PART B****PART C****ENDING****1 - 4 SUGAR TOE HEEL CROSSES;; w/TUCK & TWIRL ENDING; SUGAR WRAP KNEE LIFT & HUG LADY CARESS;**

- 12-- {Sugar Toe Heel Crosses} Bk L, cl R to L to BFLY, swvl RF on R/tch L toe to R instep, swvl LF on  
 R/tch L heel fwd;  
 1--4 Swvl RF on R/XLIF of R, swvl LF on L/tch R toe to L instep, swvl RF on L/tch R heel fwd, swvl LF on L/XRIF of L;  
 -23&4 {w/Tuck & Twirl Ending} Touch L to R tucking W in, fwd L leading W under joined lead hands releasing trail  
 hand hold, bk to anchor R/L, R (touch R to L tucking in twd M, trng ½ RF through hips fwd R twd RLOD trng ½  
 RF under joined lead hands to fc M, bk to anchor L/R, L) to end LOP "V" pos M fcng ptr & LOD;  
 12-- {Sugar Wrap Knee Lift & Hug Lady Caress} Bk L, almost cl R to L, pt L fwd as you lead W to trn RF w/lead  
 hands now in front of W's center in TANDEM WRAP POS, take both arms around W's waist as in hug (fwd R,  
 fwd L trng ½ RF, lift R knee in "4" position as you push L palm to RLOD like a stop sign, then sweep L arm up &  
 down to caress L sd of M's face and look at ptr) and hold as music fades;

**NOTE:** Timing listed on side under measures refers to actual weight changes.