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MUSIC: "Broke" by Artist: Teddy Swims, feat. Thomas Rhett CD: Unlearning, Track #4

Available as download from Amazon/iTunes

PREVIEW: <https://www.youtube.com/watch?v=r9wbjsVhbtw>

RHYTHM: West Coast Swing

RELEASED: May 2025 (rev 1.3 6/25/2025)

TIME/SPEED: **DOWNLOAD TIME @ 2:40, MUSIC SHOULD BE SLOWED TO 25-26 MPM** (Original music is 30 mpm)

PHASE: PH V + 2 (Cheerleaders, Whip w/ Inside TRN) Average Difficulty

FOOTWORK: Opposite, unless otherwise noted (W's footwork in parentheses)

SEQUENCE: A B A C A MOD

PART A

1-4 SUGAR PUSH w/ KICK BALL CHG [LOD] ;; LEFT SIDE PASS EXTENDED [RLOD] ;;

1-2 {sugar push w/ kick ball chg} bk L, bk R, tap left slightly fwd of R, fwd L ; small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor], kick L foot fwd/out, take weight on ball of L foot, replace weight on R foot ; (fwd R, fwd L, tap R slightly bk of L, back right ; small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor], kick R foot fwd/out, take weight on ball of R foot, replace weight on L foot) ; [LOP LOD]

3-4 {left sd pass extend} bk L commence LF trn, small bk R out of the slot complete 1/4 L trn lead woman to pass man's L sd, sd L/close R, fwd L trng 1/4 LF ; fwd R, fwd L, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L commence LF trn, side R continue trn/cross L in front continue trn, bk R completing 1/2 LF trn to fc ptr [French Cross] ; bk L, bk R, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP RLOD]

5-8 SURPRISE WHIP [LOD] ;; CHEEK TO CHEEK w/ KICK BALL CHG [LOD] ;;

5-6 {surprise whip} bk L, slight cross R in front of L moving twd the lady's R sd into loose CP, swivel 1/4 RF R foot sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP ; trng upper body strongly to the R leading woman to trn sharply RF fwd R outside ptr checking motion and stopping woman with man's right hand on woman's back ending in an L-shaped SCP looking at ptr, recover back left raising joined lead hands, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L trn 1/2 RF, bk R/close L, fwd R between man's feet to CP ; swivel RF on supporting R foot bk L, rec fwd R trn 1/2 RF under joined lead hands to face ptr, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP LOD]

7-8 {cheek to cheek w/ kick ball chg} bk L, rec fwd R commence RF trn, lift L knee up continue RF trn up to 1/2 touching L hip to woman's R hip, placing L fwd of R as toe takes weight turn up to 1/2 LF to fc ptr ; small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor], kick L foot fwd/out, take weight on ball of L foot, replace weight on R foot ; (fwd R, fwd L commence LF trn, lift R knee up touching R hip to man's L hip, placing R fwd of L as toe takes weight trn up to 1/2 RF to fc ptr ; small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP LOD]

9-12 WRAPPED WHIP w/TUNNEL EXIT [SHAKE] ;; FACE LOOP SUGAR PUSH w/ RK 2 [LOD] ;;

9-10 {wrapped whip w/ tunnel exit [shake]} ; ; bk L to dbl handhold, raising joined lead hands and leading woman fwd cross R front of L trn 1/4 RF, side left continue right face turn lowering joined lead hands/close R, sd and fwd L to end in Wrapped Position on woman's L sd ; cross R in bk of L commence RF trn raise arms allowing woman to duck under, sd and fwd L complete 1/2 RF trn to fc ptr joining R hands, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L, fwd R passing under dbl handhold close L, bk R to end in Wrapped Pos ; bk

L bending slightly fwd to bk under M's arm, bk R, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor] ; [HANDSHAKE LOD]

11-12 {face loop sugar push w/ rk 2} ; ; bk L, bk and sd R w/ slight RF body trn place joined R hands over man's head to neck, tap left slightly fwd of R, fwd L ; rec bk R, rec fwd L, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L w/ slight RF trn placing joined R hands over man's head to neck, tap R slightly bk of L, bk R ; fwd L, rec bk R ; small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP LOD]

13-14 SAILOR SHUFFLE 2 X [LOD] ; U/A TRN [in] 4 w/ CLOSE [RLOD] ;

13 {sailor shuffle 2 x} ; cross L foot in bk of R, sd R, sd L, cross R foot in bk of L, sd L, sd R ; (cross R foot in bk of L, sd L, sd R, cross L foot in bk of R, sd R, sd L) ; [LOP LOD]

14 {underarm trn [in] 4 w/ clo} bk L, slight cross R in front of L, commence RF trn leading W under, cont RF trn sd & fwd L, cl R to L ; (fwd R, fwd L commence LF trn under jnd ld hands, cont LF trn sd & bk R, cl L to R) end feet together) ; [LOP RLOD]

PART B

1-4 WHIP TRN [RLOD] ; HALF WHIP [LOD] ;

1-2 {whip turn} ; ; bk L, slight cross R in front of L moving twd the lady's R sd into Loose CP, swivel 1/4 RF on R foot sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP ; cross R in bk of L commence RF trn, sd and fwd L complete 1/2 RF trn to fc ptr in Left Open Facing Position, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L trn 1/2 RF, bk R, close L, fwd R between man's feet to Closed Position ; swivel sharply 1/2 RF on supporting foot keeping left leg close to right and under the body bk L, bk R, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP RLOD]

3-4 {half whip} ; ; back L, cross R in front of L moving twd ptr's R sd to loose Closed Position, swivel RF on R take sd left with partial weight rec R continuing RF trn w/ R sd twd ptr, sd and bk L to CP having made 1/2 trn; fwd R, fwd L, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L trng 1/2 RF, bk R, close L to R, fwd R between ptr's feet to Closed Position ; small bk L w/ toes trned out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor] to Left Open Facing Position) ; [LOP LOD]

5-8 TUCK & TWIRL w/ DBL TWIRL [LOD] ; WRAPPED WHIP (W) TWIRL OUT RT [to] FC [LOD] ;

5-6 {tuck & twirl w/ dbl twirl} ; ; bk L, bk R bring lead hand in to center leading woman to a R sd lead, tap L to R w/ L shoulder lead, fwd L w/ L sd lead to lead woman's twirl ; fwd R, fwd L, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L slight trn LF to tight Left Open Facing Position, touch R to L, trn 1/2 RF fwd R, fwd L twirl 7/8 , fwd R trn RF to face partner; small bk L w/ toes trned out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP LOD]

7-8 {wrapped whip (W) twirl out RT [to] FC} ; ; bk L to dbl handhold, raising joined lead hands and leading woman fwd cross R in front of L trn 1/4 RF, sd L continue RF lowering joined lead hands, close R, sd and fwd L to end in Wrapped Position on woman's L sd ; cross R in bk of L commence RF trn, raise lead hands to allow lady to twirl out rt fc then release trail hands, sd and fwd L complete 1/2 RF trn to fc ptr in Left Open Facing Position, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L, fwd R passing under joined lead hands, close L, bk R to end in Wrapped Position ; bk L trn 1/2 rt fc, fwd R trn 1/2 rt fc, small bk L w/ toes trned out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) [LOP LOD]

9-12 WHIP w/ HAND CHG BEHIND THE BACK [SHAKE] [LOD] ;; CHICKEN WALK 4 SLO [CROSS LT OVER RT] ;;

9-10 {whip w/ hand change behind the back [shake]} ; ; bk L, slight cross R in front of L moving twd the lady's R sd into Loose CP, swivel 1/4 RF on R foot sd L [partial weight]/rec R trn 1/4 RF, fwd L to CP folding W's R arm bhd her bk ; cross R in bk of L commence RF trn, sd and fwd L complete 1/2 RF trn to fc ptr in handshake Left Open Facing Position, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L trng RF, bk R/cl L to R, fwd R) to end CP folding W's R arm bhd her bk ; swivel sharply 1/2 RF on supporting foot keeping left leg close to right and under the body bk L trn RF 1/2, fwd R trng RF 1/2, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor] ; [HANDSHAKE LOD]

11-12 {chicken walk 4 slow [cross Lt over Rt]} ; ; R hnds joined and trng hands in direction of W's foot action bk L, bk R ; bk L, bk R joining L hands over R ; (fwd w/ swiveling action toe out R, fwd L ; fwd R, fwd L joining L hands over R) ; [LT HANDS OVER RT FC LOD]

13-16 STRAIGHT WHIP [LOD] ;; TUCK & TWIRL w/ DOUBLE TWIRL [LOD] ;;

13-14 {straight whip} ; ; bk L joining L hands over R, cross R in front of L trng RF raising joined hands, small sd and fwd L, rec R trng RF, sd L to fc rev line of prog in Varsouvienne position ; cross R in bk of L trng RF raising R hands leaving joined L hands low, fwd L continuing RF trn to fc ptr, small bk R w/ instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] joining lead hands ; (fwd R, fwd L, fwd R under joined hands, close L to R, bk R ; bk L backing under R hands, bk R, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) join lead hands ; [LOP LOD]

15-16 {tuck & twirl w/ double twirl} ; ; bk L, bk R bring lead hand in to center leading woman to a R sd lead, tap L to R w/ L shoulder lead, fwd L w/ L sd lead to lead woman's twirl ; fwd R, fwd L, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L slight trn LF to tight Left Open Facing Position, touch R to L, trn 1/2 RF fwd R, fwd L twirl 7/8, fwd R trn RF to face partner; small bk L w/ toes trned out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP LOD]

REPEAT PART A

PART C

1-4 WHIP w/ I/S TRN [BOTH FC COH] ;; OPPOSITE CHEERLEADERS w/ SD CLO [COH] ;;

1-2 {whip w/ inside turn [both fc coh]} ; ; bk L, slight cross R in front of L moving twd the lady's R sd into Loose CP, swivel 1/4 RF on R foot sd L [partial weight]/rec R trn 1/4 RF, fwd L raising joined lead hands ; leading woman's LF underarm trn cross R in back of L commence RF trn, sd and fwd L complete 1/2 RF trn to fc ptr in Left Open Facing Position, small bk R w/ toes trnd out and instep close to heel of L trning to fc COH, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L turn 1/2 RF, bk R, close L, fwd R between man's feet ; fwd L commence LF underarm trn, fwd R trn 1/2 LF, small bk L w/ toes trned out and instep close to heel of R trning to fc COH, rec slightly fwd R, slightly bk L [Anchor]) ; [BOTH FC COH LOP]

3-4 {opposite cheerleaders w/ side close} ; ; cross L in front, sd R, tap L heel to the L, small sd L, cross R in front, sd L, tap R heel to the R, small sd R ; cross L in front, sd R, tap L heel to the L, sd L, close R ; cross R in front, sd L, tap R heel to the R, small sd R, cross L in front, sd R, tap L heel to the L, small sd L ; cross R in front, sd L, tap R heel to the R, sd R, close L) ; [BOTH FC COH LOP]

5-8 TURKEY WALK 8 [to] FC [LOD] ;; SLO SD BRK ; QK SD BRKS ;

5-6 {turkey walk 8 [to] face} ; ; passing behind W & traveling RLOD w/ jazz hnds sd L, cl R, sd L, cl R ;

Sd L, cl R, trng RF sip L, cl R joining lead hands fcg LOD ; moving LOD sd R, cl L, sd R, cl L ; sd R, cl L, trng LF sip R, cl L) ; [LOP LOD]

7 {slow side break} ; trng palms out push sd L, push sd R, trng palms in cl L, cl R ; (trng palms out push sd R, push sd L, trng palms in cl R, cl L) ; [LOP LOD]

8 {quick side breaks} ; trng palms out push sd L, push sd R, trng palms in cl L, cl R, trng palms out push sd L, push sd R, trng palms in cl L, cl R ; (trng palms out push sd R, push sd L, trng palms in cl R, cl L, trng palms out push sd R, push sd L, trng palms in cl R, cl L) ; [LOP LOD]

9-12 U/A TRN [to] TRIPLE TRAV w/ ROLL [RLOD] ,:;:

9-12 {u/a trn [to] triple travel w/ roll} , ; ; ; bk L, raising joined lead hands and leading woman to pass man's R sd cross R in front of L to woman's R sd commence RF trn, sd L, close R, sd and fwd L complete 1/2 RF trn ; (fwd R, fwd L, commence LF trn, sd R continue trn, cross L in front continue trn, bk R complete 1/2 LF trn turn to fc ptr [French Cross] ; blend to R hand star sd R, close L, sd and fwd R commence RF trn 1/4, fwd L continue RF trn 3/4, fwd R continue RF trn 1/2 completing 1 1/2 turns to a L hand star ; sd L, close R, sd L trn 1/2 LF to a R hand star, side R, close L, sd R trn 1/2 RF to a L hand star ; sd L, close R, sd and fwd L commence LF trn 1/4, fwd R continue LF trn 1/2, fwd L continue LF trn 1/2 [making a 1 1/4 turn] to fc ptr join lead hands ; small bk R w/ instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] join lead hands ; (sd L, close R, sd and bk L commence RF trn 1/4, fwd R continue RF trn 3/4, fwd L continue RF trn 1/2 completing 1 1/2 turns to a L hand star ; sd R, close L, sd R trn 1/2 LF to a R hand star, sd L, close R, sd L trn 1/2 RF to a L hand star, sd R, close L, sd and bk R commence LF trn 1/4, fwd L continue LF trn 1/2, fwd R continue LF trn 1/2 [making a 1 1/4 turn] to fc ptr join lead hands ; small bk L, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor] lead hands) ;

13-16 WRAPPED WHIP w/ SURPRISE CK END'G [LOD] :: SUGAR BUMP [LOD] ,:

13-14 {wrapped whip w/ surprise check ending} ; ; bk L to dbl handhold, raising joined lead hands and leading woman fwd cross R front of L trn 1/4 RF, side left continue right face turn lowering joined lead hands/close R, sd and fwd L to end in Wrapped Position on woman's L sd ; (fwd R, fwd L, fwd R passing under joined lead hands, close L, bk R to end in Wrapped Position) ; trng upper body strongly to the R leading woman to trn sharply RF fwd R outside ptr checking motion and stopping woman ending in an Wrapped Position fc'g LOD, recover back left raising joined lead hands, small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (bk L, rec fwd R trn 1/2 RF under joined lead hands to face ptr, small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ; [LOP LOD]

15-16 {sugar bump} , ; bk L, fwd R, bringing lead hands thru commence a full RF trn lift L knee continue RF trn touching L hip to woman's R hip release hands continue RF trn rolling bottoms, continue RF trn in place L to fc ptr joining lead hands ; small bk R w/ toes trnd out and instep close to heel of L, rec slightly fwd L, slightly bk R [Anchor] ; (fwd R, fwd L, bringing lead hands thru commence a full LF trn lift R knee up continue LF trn touching R hip to man's L hip releasing hands continue LF trn rolling bottoms, continue LF trn in place to fc ptr joining lead hands ; small bk L w/ toes trnd out and instep close to heel of R, rec slightly fwd R, slightly bk L [Anchor]) ;

PART A MOD

1-4 SUGAR PUSH w/ KICK BALL CHG [LOD] :: LEFT SIDE PASS EXTENDED [RLOD] ,:

1-2 {sugar push w/ kick ball chg} repeat meas 1-2 of part A

3-4 {left side pass extended} repeat meas 3-4 of part A

5-8 SURPRISE WHIP {LOD} :: CHEEK TO CHEEK w/ KICK BALL CHG [LOD] ,:

5-6 {surprise whip} repeat meas 5-6 of part A

7-8 {cheek to cheek w/ kick ball chg} repeat meas 7-8 of part A

9-12 WRAPPED WHIP w/TUNNEL EXIT [SHAKE] [LOD] :: FACE LOOP SUGAR PUSH w/ RK 2 [LOD] ::

9-10 {wrapped whip w/ tunnel exit [shake]} ; ; repeat meas 9-10 of part A

11-12 {face loop sugar push w/ rk 2} ; ; repeat meas 11-12 of part A

13-15 SAILOR SHUFFLE 2 X [LOD] ; CHICKEN WALK 2 SLO 4 QK :: [LOD]

13 {sailor shuffle 2 x} ; repeat meas 13 of part A

14-15 {chicken walk 2 slow 4 quick} ; ; lead hnds joined and trng hands in direction of W's foot action
bk L, bk R, ; bk L, bk R, bk L, bk R ; (fwd w/ swiveling action toe out R, fwd L ; fwd R, fwd L, fwd R, fwd L) ;

16 U/A TRN [in] 4 w/ STEP APT [RLOD] ;

16 {underarm trn [in] 4 w/ step apt} ; bk L, slight cross R in front of L, commence RF trn leading W under, cont RF trn sd & fwd L, bk R w/ arms out ; (fwd R, fwd L commence LF trn under jnd ld hands, cont LF trn sd & bk R, bk L) end lead hands joined w/trail arms out) ; [LOP RLOD]

HEAD CUES

PART A

SUGAR PUSH w/ KICK BALL CHG ; ; LOD

LEFT SIDE PASS ENTENDED ; ; RLOD

SURPRISE WHIP ; ; LOD

CHEEK TO CHEEK w/ KICK BALL CHG ; ; LOD

WRAPPED WHIP w/ TUNNEL EXIT [SHAKE] ; ; LOD

FACE LOOP SUGAR PUSH w/ RK 2 ; ; LOD

SAILOR SHUFFLE 2 X ; LOD

U/A TRN [in] 4 w/ CLOSE ; RLOD

PART B

WHIP TRN ; ; RLOD

HALF WHIP ; ; LOD

TUCK & TWIRL w/ DBL TWIRL ; ; LOD

WRAPPED WHIP (W) TWIRL OUT RT [to] FC ; ; LOD

WHIP w/ HAND CHG BEHIND THE BACK [SHAKE] ; ; LOD

CHICKEN WALK 4 SLO [CROSS LT OVER RT] ; ; LOD

STRAIGHT WHIP ; ; LOD

TUCK & TWIRL w/ DBL TWIRL ; ; LOD

PART A

SUGAR PUSH w/ KICK BALL CHG ; ; LOD

LEFT SIDE PASS ENTENDED ; ; RLOD
SURPRISE WHIP ; ; LOD
CHEEK TO CHEEK w/ KICK BALL CHG ; ; LOD
WRAPPED WHIP w/ TUNNEL EXIT [SHAKE] ; ; LOD
FACE LOOP SUGAR PUSH w/ RK 2 ; ; LOD
SAILOR SHUFFLE 2 X ; LOD
U/A TRN [in] 4 w/ CLOSE ; RLOD

PART C

WHIP w/ I/S TRN [BOTH FC COH] ; ;
OPPOSITE CHEERLEADERS w/ SD CLO ; ; COH
TURKEY WALK 8 [to] FC ; ; LOD
SLO SD BRK ; QK SD BRKS ;
U/A TRN [to] TRIPLE TRAVEL w/ ROLL , , , ; RLOD
WRAPPED WHIP w/ SURPRISE CK END'G ; ; LOD
SUGAR BUMP , ; LOD

PART A MOD

SUGAR PUSH w/ KICK BALL CHG ; ; LOD
LEFT SIDE PASS ENTENDED ; ; RLOD
SURPRISE WHIP ; ; LOD
CHEEK TO CHEEK w/ KICK BALL CHG ; ; LOD
WRAPPED WHIP w/ TUNNEL EXIT [SHAKE] ; ; LOD
FACE LOOP SUGAR PUSH w/ RK 2 ; ; LOD
SAILOR SHUFFLE 2 X ; LOD
CHICKEN WALK 2 SLO 4 QK ; ;
U/A TRN [in] 4 w/ STEP APT ; RLOD