



Approved by:

Larry Hayden

East To West (page 1)

2 WALL - 96 COUNTS - BEGINNER/INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Side, Together, Chasse 1/4 Right, Pivot 1/2 Right, Shuffle Forward		
1 - 2	Step right to right side. Step left beside right.	Side Together	Right
3 & 4	Step right to side right. Close left beside right. Step right 1/4 turn right.	Side Close Turn	Turning right
5 - 6	Step left forward. Pivot 1/2 turn right.	Step Pivot	
7 & 8	Step left forward. Close right beside left. Step left forward.	Left Shuffle	Forward
Section 2	Rock & Cross x 2, Cross Back Side (3 Counts of Jazz Box), Cross		
1 & 2	Rock right to right side. Recover onto left. Cross right over left.	Rock & Cross	Forward
3 & 4	Rock left to left side. Recover onto right. Cross left over right.	Rock & Cross	Right
5 - 6	Step right over left. Step back left.	Cross Back	Back
7 - 8	Step right to right side. Cross left over right.	Side Cross	Right
Section 3	Back, Side, Coaster Step, Forward Rock, Shuffle 1/2 Turn Left		
1 - 2	Step right back. Step left to left side.	Back Side	Back
3 & 4	Step right back. Close left beside right. Step right forward.	Coaster Step	On the spot
5 - 6	Rock forward on left. Recover back onto right.	Left Rock	Forward
7 & 8	Shuffle 1/2 turn left, stepping - left, right, left.	Shuffle Turn	Turning left
Section 4	Rock 1/4 Turn Left, Cross Shuffle, 2 Step 1/2 Turn, Cross Shuffle		
1 - 2	On ball of left turn 1/4 left, rocking right to right side. Recover onto left.	Rock Turn	Turning left
3 & 4	Cross right over left. Step left to left side. Cross right over left.	Cross Shuffle	Left
5 - 6	Turn 1/4 right stepping back on left. Turn 1/4 right stepping right to right side.	Turn Turn	Turning right
7 & 8	Cross left over right. Step right to right side. Cross left over right.	Cross Shuffle	Right
Section 5	Monterey 1/2 Turn Right x 2		
1 - 2	Touch right to right side. On ball of left turn 1/2 right stepping right beside left.	Touch Turn	Turning right
3 - 4	Touch left to left side. Step left beside right.	Touch Together	On the spot
5 - 6	Touch right to right side. On ball of left turn 1/2 right stepping right beside left.	Touch Turn	Turning right
7 - 8	Touch left to left side. Step left beside right.	Touch Together	On the spot
Section 6	Kick Ball Step, Step, Touch, Kick Ball Step, Step, Touch		
1 & 2	Kick right forward. Step down on ball of right. Step left forward.	Kick Ball Step	Forward
3 - 4	Step right forward. Touch left toe behind right.	Step Touch	
5 & 6	Kick left forward. Step down on ball of left. Step right forward.	Kick Ball Step	
7 - 8	Step left forward. Touch right toe behind left.	Step Touch	
Section 7	Forward Rock, Shuffle 1/2 Turn Right x 2, Back Rock		
1 - 2	Rock right forward. Recover back onto left.	Right Rock	Forward
3 & 4	Shuffle 1/2 turn right, stepping - right, left, right.	Shuffle Turn	Turning right
5 & 6	Shuffle 1/2 turn right, stepping - left, right, left.	Shuffle Turn	

Continued...

East To West (page 2)

2 WALL - 96 COUNTS - BEGINNER/INTERMEDIATE

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Option	Replace shuffle turns with 2 back shuffles - right then left.		
7 - 8	Rock back on right. Recover forward onto left.	Back Rock	Back
Section 8	Cross, Side, Sailor With a Dig, Step (x 2)		
1 - 2	Cross right over left. Step left to left side.	Cross Side	Left
3 & 4 &	Cross right behind left. Step left to left side. Dig right heel forward. Step down on right.	Sailor Dig Step	
5 - 6	Cross left over right. Step right to right side.	Cross Side	Right
7 & 8 &	Cross left behind right. Step right to side. Dig left heel forward. Step down on left.	Sailor Dig Step	
Section 9	Cross Rock, Chasse Right, Cross Rock, Sailor 1/2 Turn Left		
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	Left
3 & 4	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
5 - 6	Cross rock left over right. Recover onto right.	Cross Rock	
7 & 8	Cross left behind right. Step right to right side turning 1/2 left. Step left to place.	Sailor Turn	Turning left
Section 10	Cross Rock, Chasse Right, Cross Rock, Sailor 1/2 Turn Left		
1 - 2	Cross rock right over left. Recover onto left.	Cross Rock	Left
3 & 4	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
5 - 6	Cross rock left over right. Recover onto right.	Cross Rock	
7 & 8	Cross left behind right. Step right to right side turning 1/2 left. Step left to place.	Sailor Turn	Turning left
Section 11	Chasse Right, Back Rock, Kick Ball Cross x 2		
1 & 2	Step right to right side. Close left beside right. Step right to right side.	Side Close Side	Right
3 - 4	Rock left back. Recover forward onto right.	Back Rock	Back
5 & 6	Kick left forward. Step left slightly back. Cross right over left.	Kick Ball Cross	Left
7 - 8	Kick left forward. Step left slightly back. Cross right over left.	Kick Ball Cross	
Section 12	Chasse Left, Back Rock, Kick Ball Cross x 2		
1 & 2	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
3 - 4	Rock right back. Recover onto left.	Back Rock	Back
5 & 6	Kick right forward. Step right slightly back. Cross left over right.	Kick Ball Cross	Right
7 - 8	Kick right forward. Step right slightly back. Cross left over right.	Kick Ball Cross	

Choreographed by: Larry Hayden (UK) March 2006

Choreographed to: 'Coast To Coast' by Modern Talking (130 bpm) from CD America The 10th Album
(32 count intro - start on vocal as beat kicks in).