

Beginner WCS Cheat Sheet

6 Beginner Patterns ● = a step □ = anchor step

Leader always **settles** on right, follower always **settles** on left

1. Starter Step (or "3 & 3")

leader: L R L , R L R
1 & 2 , 3 & 4

follower: R L R , L R L

2. Left Side Pass (or "Send Out" or "Throw Out")

leader: L , R , L R L , R L R
1 , 2 , 3 & 4 , 5 & 6

follower: R , L , R L R , L R L

3. Sugar Push

leader: L , R , L R L , R L R
1 , 2 , 3 & 4 , 5 & 6

follower: R , L , R L R , L R L

4. Under Arm (Right Side Pass)

leader: L , R , L R L , R L R
1 , 2 , 3 & 4 , 5 & 6

follower: R , L , R L R , L R L

5. Whip (You both return back to where you started)

leader: L , R , L R L , R , L , R L R
1 , 2 , 3 & 4 , 5 , 6 , 7 & 8

follower: R , L , R L R , L , R , L R L

6. Tuck (Leader is on the side for bit while the follower passes under their left arm)

leader: L , R , L R L , R L R
1 , 2 , 3 & 4 , 5 & 6

follower: R , L , R L R , L R L