

PLEASE

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Music "Please" Download: Amazon Artist: Tom Gregory

Album: Things I Can't Say Out Loud track 8 time 3:00 Speed: +5%

Rhythm : West Coast Swing ph IV+1 (Whip Trn) +3 (Underarm Trn Cut Off,
Extend L Sd Pass M Hand Chg Behind Bk, Sugar W Insd & Outsd Trn)

Footwork : Opposite, directions for man(lady as noted) Date : MAR 2025 Ver.1.2

Sequence : Intro - A - B - C - A - B - C - B - Ending



Meas

INTRO

1~ 4 V Bk to Bk M fc RDC(W fc DC) lead foot free for both Wait 2 meas;;

Slow Circle 4; LOP-FC/LOD;

1- 2 V Bk to Bk M fc RDC(W fc DC) lead foot free for both wait 2 meas;;

SSSS 3- 4 {Slow Circle 4} Fwd L comme circle LF(W RF),-, fwd R cont circle LF,-; Cont circle LF
fwd L,-, fwd R LOP-FC/LOD,-;

Meas

PART A

1~ 8 (LOP-FC/LOD) Sugar Push;,, Underarm Trn;,, Push Break;,, L Sd Pass;,,
Wrapped Whip;:

QQ-Q 1- 3 {Sugar Push} Bk L, bk R, tap L trail hand palm tch, rec fwd L; Hip rk action small stp
Q&Q bk R/rec L, bk R(W fwd R, fwd L, left shoulder lead tap R XIB of L trail hand palm tch,
rec bk R; Hip rk action bk L/rec R, bk L),
QQQ&Q {Underarm Trn} Bk L, rec R slightly XIF of L comme RF trn, sd L lead W LF trn under lead
Q&Q hands/rec R cont RF trn, fwd L fc RLOD; hip rk action small stp bk R/rec L, bk R(W fwd
R, fwd L comme LF trn under lead hand, cont LF trn sd R/XLIF of R, cont trn sd & bk R
fc LOD; hip rk action small stp bk L/rec R, bk L) LOP-FC/RLOD,
QQQ&Q 4- 6 {Push Break} Bk L, bk R, bk L trail hand palm tch/rec R, fwd L; Hip rk action small step
Q&Q bk R/rec L, bk R(W fwd R, fwd L trail hand palm tch, fwd R/rec L, bk R; hip rk action
bk L/rec R, bk L),
QQQ&Q {L Sd Pass} Comme LF trn sd & bk L, rec R; sd L/cl R, sd & fwd L fc LOD, hip rk action
Q&Q small stp bk R/rec L, bk R(W fwd R, fwd L comme LF trn; cont LF trn sd R/XLIF of R, cont
trn sd & bk R fc RLOD, hip rk action small stp bk L/rec R, bk L) LOP-FC/LOD;
QQQ&Q 7- 8 {Wrapped Whip} Bk L, rec R slightly XRIF of L blend Bfly, sd L comme RF trn start lead W
Q&Q Wrap/rec fwd R cont RF trn, cont trn sd & fwd L Wrapped position fc RLOD(W fwd R, fwd L,
fwd R/cl L, bk R); XRIB of L comme RF trn, cont RF trn fwd L fc LOD, hip rk action small
stp bk R/rec L, bk R(W bk L, bk R, hip rk action bk L/rec R, bk L) LOP-FC/LOD;

Meas

PART B

1~ 8 (LOP-FC/LOD) Sugar Push w/Rks;; Extend L Sd Pass M Hand Chg XIB Bk;;
Handshake Sugar W Insd & Outsd Trn;; (LOP-FC/LOD) Underarm Trn in 4;
Slow Sd Breaks;

QQ-Q 1- 2 {Sugar Push w/Rks} Bk L, bk R, tap L trail hand palm tch, rk fwd L; Rec R, fwd L, hip rk
QQQ&Q action small stp bk R/rec L, bk R(W fwd R, fwd L, left shoulder lead tap R behind L trail
hand palm tch, rk bk R; Rec L, bk R, hip rk action bk L/rec R, bk L);
QQQ&Q 3- 4 {Extend L Sd Pass M Hand Chg XIB Bk} Comme LF trn sd & bk L, cl R, sd L/cl R, sd & fwd L
QQQ&Q fc RLOD; Fwd R comme LF trn joined right hands, rec L cont LF trn rejoined trail hands
M's behind bk fc RLOD, hip rk action small stp bk R/rec L, bk R(W fwd R, fwd L, fwd R/L,
R; Fwd L comme LF trn, cont LF trn sd & bk R fc LOD, hip rk action small stp bk L/rec R,
bk L) joined right hands fc RLOD;
QQ-Q 5- 6 {Sugar W Insd & Outsd Trn} Bk L, bk R lead W LF trn, tch L to R blend tandem, small fwd
QQQ&Q L; Fwd R lead W RF twirl, fwd L, hip rk action small stp bk R/rec L, bk R(W fwd R, fwd L
LF trn fc RLOD, tch R to L, fwd R comme RF; Cont trn sd & bk L, sd & fwd R cont RF trn
fc LOD, hip rk action bk L/rec R, bk L) joined lead hands fc RLOD;
QQQQ 7 {Underarm Trn in 4} Bk L, rec R slightly XIF of L comme RF trn, sd L lead W LF trn under
lead hands, small step bk R(W fwd R, fwd L comme LF trn under lead hand, cont LF trn sd
R, cont trn bk L) LOP-FC/LOD;
&S&S 8 {Slow Sd Breaks} Sd L/sd R bend elbow arms sd,-, 1/2 cl L/cl R to L joined lead hands,-;

Meas

PART C

1~ 8 (LOP-FC/LOD) Whip Trn;; Underarm Trn Cut Off;;, Kick Ball Chg;;
Tuck & Spin;;, Kick Ball Chg;; Chicken Walk 2S4Q;;

- QQQ&Q 1- 2 {Whip Trn} Bk L, rec R slightly XIF of L blend CP 1/4 RF trn, sd L cont RF trn/rec fwd R
 QQQ&Q cont RF trn, cont trn sd & fwd L fc RLOD(W fwd R, fwd L 1/2 RF trn fc LOD, bk R/cl L,
 fwd R to CP); XRIB of L comme 1/2 RF trn fc LOD, fwd L, hip rk action small stp bk R/rec
 L, bk R(W comme RF trn sd & bk L, cont RF trn bk R fc RLOD, hip rk action bk L/rec R,
 bk L) LOP-FC/LOD;
- QQQ&Q 3- 4 {Underarm Trn Cut Off} Bk L, rec R slightly XIF of L comme RF trn, step in place L/R lead
 Q&Q W LF trn under lead hand, fwd L; hip rk action small stp bk R/rec L, bk R(W fwd R, fwd L
 comme LF trn under lead hand, cont LF trn sd R/rec L, cont LF trn sd & bk R fc RLOD; hip
 rk action bk L/rec R, bk L) LOP-FC/LOD,
- Q&Q {Kick Ball Chg} Kick fwd L/cl L, in place R LOP-FC/LOD;
- QQ-Q 5- 6 {Tuck & Spin} Bk L, bk R low Bfly, tch L to R, small fwd L lead W RF spin(W fwd R, fwd L
 Q&Q slight LF trn, tch R to L, comme RF trn fwd R RF spin); hip rk action small stp bk R/rec
 L, bk R, (W cont trn fc LOD hip rk action bk L/rec R, bk L) LOP-FC/LOD,
- Q&Q {Kick Ball Chg} Kick fwd L/cl L, in place R LOP-FC/LOD;
- SS 7- 8 {Chicken Walks 2S4Q} Lead hands joined small stp bk L(W swivel 1/2 RF on L fwd R),-, bk
 QQQQ R(W swivel LF on R fwd L),-; Small stp bk L(W swivel RF on L fwd R), bk R(W swivel LF on
 R fwd L), bk L(W swivel RF on L fwd R), bk R(W swivel LF on R fwd L);

Meas

ENDING

1~ 8+ (LOP-FC/LOD) Whip Trn;; Underarm Trn Cut Pff;;, Kick Ball Chg;;
Tuck & Spin;;, Kick Ball Chg;; Chicken Walk 2S4Q;; Q Sd Break w/Arms,

- Q& 1- 8 Repeat meas 1-8 of Part C; ; ; ; ; ; ; ;
 + {Q Sd Break w/Arms} Sd L/sd R extend arms twd partner palm up,

PLEASE

Rhythm : West Coast Swing ph IV+2 (Whip Trn)+3(Underarm Trn Cut Off,
 Extend L Sd Pass, Sugar W Insd & Outsd Trn))

SEQ : Intro - A - B - C - A - B - C - B - Ending

INTRO 1~ 4 V Bk to Bk M fc RDC(W fc DC) lead foot free for both Wait 2 meas;;
 Slow Circle 4; LOP-FC/LOD;

PART A 1~ 8 (LOP-FC/LOD) Sugar Push;;, Underarm Trn;;, Push Break;;, L Sd Pass;;,
 Wrapped Whip;;

PART B 1~ 8 (LOP-FC/LOD) Sugar Push w/Rks;; Extend L Sd Pass M Hand Chg XIB Bk;;
 Handshake Sugar W Insd & Outsd Trn;; Underarm Trn in 4 fc LOD; Slow Sd Breaks;

PART C 1~ 8 (LOP-FC/LOD) Whip Trn;; Underarm Trn Cut Off;;, Kick Ball Chg;;
 Tuck & Spin;;, Kick Ball Chg;; Chicken Walk 2S4Q;;

PART A 1~ 8 (LOP-FC/LOD) Sugar Push;;, Underarm Trn;;, Push Break;;, L Sd Pass;;,
 Wrapped Whip;;

PART B 1~ 8 (LOP-FC/LOD) Sugar Push w/Rks;; Extend L Sd Pass M Hand Chg XIB Bk;;
 Handshake Sugar W Insd & Outsd Trn;; Underarm Trn in 4 fc LOD; Slow Sd Breaks;

PART C 1~ 8 (LOP-FC/LOD) Whip Trn;; Underarm Trn Cut Off;;, Kick Ball Chg;;
 Tuck & Spin;;, Kick Ball Chg;; Chicken Walk 2S4Q;;

PART B 1~ 8 (LOP-FC/LOD) Sugar Push w/Rks;; Extend L Sd Pass M Hand Chg XIB Bk;;
 Handshake Sugar W Insd & Outsd Trn;; Underarm Trn in 4 fc LOD; Slow Sd Breaks;

END 1~ 8+ (LOP-FC/LOD) Whip Trn;; Underarm Trn Cut Off;;, Kick Ball Chg;;
 Tuck & Spin;;, Kick Ball Chg;; Chicken Walk 2S4Q;; Q Sd Break w/Arms,