

Swing I and II

Summer 2008: Thursday 7:30 – 8:55

East Coast Swing: single step and triple step

- 3 basics – 2 hands
- mutually/both walk around rhythmically
- 2 basics
- 1-handed under-arm turn
- basic
- 1 under-arm turn – he moves
- 2 basics – 2 hands
- 2-handed under-arm turn
- basic – he moves
- 2-handed under-arm turn
- basic – he moves
- 2-handed under-arm turn, he goes under on return for 3 basics
- basic – he moves
- 2-handed under-arm turn, he spins
- cuddle
- send her out
- basic
- cuddle
- tuck & spin/release
- 1-hand hold (her left/his right) he makes window
- he goes under to his left, she goes under to her right
- basic
- tuck & spin/release
- basic to get in closed position
- flip flop (triple step back rock, triple step back rock) – rhythm change
- tap fwd, tap side, kick back, rock step
- chasse
- repeat other side
- basic - hand shake hold
- helicopter

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Swing I and II (cont.)

West Coast Swing:

- basic in place
- left side pass
- under-arm pass to her left/his right
- left side pass with mans left turn
- sugar push end with his right/her left hand hold
- side pass – he does subtle flick with right hand so she turns to her left
- bounce and send, she turns right, finish rotation
- tuck and turn during left side pass

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