

# Swing I

Winter 2009: 7:30 – 8:25 p.m., Thursday

## East Coast Swing

### Dance steps

- Basic: step, step, rock, step (slow, slow, quick, quick) – open and closed
- Under-arm turn - she turns out and turns in
- 2-hand under-arm turn – she turns out and turns in with two hands, he moves
- pretzel

*These are the bread and butter of Swing. All advanced movements are based off of these basic steps.*

### Combo/Amalgamation

- basic (open rock step)
- inside reverse turn (shape) optional with his spin – he switches hands one spin behind back
- 2 back passes to hand shake hold
- tuck turn – hand shake hold
- turn into shadow position
- swivels/chicken walks – 4 slow, 8 fast, SSQQ tap step rock step
- outside turn
  
- basic (one hand/open position)
- go get her
- release
- go get her
- release
  
- go get her, keep her
- 6 flip flops
- basic
  
- man under
- go get her
- release
- repeat 2 times
  
- 3 basics (closed position)
- man under
- 1 basic
- under-arm turn (optional – he moves)
- closed basic
- under-arm turn
  
- basic (2 hands/closed position)
- turn her - 2 hands, bring her back
- repeat 2 times

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# Swing II

Fall 2008: 8:30 – 8:50 p.m., Thursday

## West Coast Swing

### Dance Steps

- Sugar push:
  - Leader – back, back (collect), triple step (move forward to her), triple step
  - Follower – forward, forward, triple step (moving back), triple step (in place)
- Under-arm turn:
  - Leader – diagonal back side (cross), side cross side, anchor step or cross side side, anchor step (variation: guy spins)
  - Follower – walk, walk, she goes to his right (cross step), triple step, triple step, turn to face him (variations: feet together, cross step, running)
- Whip:
  - Leader – diagonal back (1), cross forward (2), triple-step around (3 and 4), turn step forward to face her (5,6), triple-step anchor (7 and 8)
  - Follower – forward (1), forward - turn back together (2), triple-step (3 and 4), forward (5), back (6), anchor step (7 and 8)
- Side pass:
  - Leader – moves out of her way with side step to the left, replace 2, triple step to face her
  - Follower – progressing forward until approx middle of first triple step, turn to face him
- Hip bump:
  - walk, walk, bump on 3 while pivoting, stepping facing opposite direction on 4, triple step to face partner

### Combo/Amalgamation

- whip with behind back release – hand behind back on 4 and let her roll out
- his hand over the back part of her hand (cross hand hold) – she does 2 walks and turns to left, he does optional extra turn to his right at end
- sugar push
- under-arm pass
- sugar push
- hip bump
- side pass
- hand change
- over head loop

*Maintain posture and closed ribs*

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