

East Coast Swing ♦ 6-Count Rhythm

Swing Dance Basics ♦ TC Swing

FOUNDATIONS

Leading & Following – LEAD’S create and FOLLOW’S return good connection to give & receive direction.
 – Movement can be forward, backward and / or turning in either direction.
 – Movement to a new spot on the dance floor should be intentional (not random), and should be definitively lead and followed.

6-Count East Coast Step LEAD steps with left foot first; FOLLOW with right foot.

Single Step

1	2	Rock-Step
Side	Side	Back-Front
Slow	Slow	Quick-quick

Triple Step

1-2-3	2-2-3	Rock-Step
Side	Side	Back-Front
Tri-ple-Step	Tri-ple-Step	Rock-step

Basic Positions Facing, Closed, Open, Cuddle, Hammerlock, Crossed, Double Crossed, Skaters, Sweetheart

FIVE BASIC FIGURES

One-Handed Turn Simple underarm turn, release the other hand. Outside Turn (or “arch turn”) rotates out away from center axis; Inside Turn (or “loop turn”) rotates in through the center axis.

Two-Handed Turn Two-handed turn (sometimes called barrel roll). Both hands stay connected.

Free Spin One- or two-handed, complete release down towards the floor into the spin.

Cuddle One-handed inside turn; other hand stays attached. (Sometimes called wrap.)

Hammerlock One-handed outside turn; other hand stays attached.

BASIC CONCEPTS

Dance in Place Swing is a “spot” dance, meaning basic figures are danced in place. FOLLOW turns directly under the LEAD’S hand, and doesn’t wander from side to side as she turns.

Floor Management “Travel First, Pivot Second” when moving to a new spot on the dance floor. The LEAD brings his hand toward the FOLLOW’S destination, then lifts it to clear her head. The FOLLOW moves to where the LEAD’S hand guides her, rotating as he lifts it to clear her head.
 Traveling Footwork: Count 1: Step forward and pivot; Count 2: step back; rock-step.

Path Management Use the “Hot Dog & Bun” concept for passes. The FOLLOW moves in a straight line down her path of travel (staying on the Hot Dog). The LEAD gets out of the way of the FOLLOW’S travel, using the rock-step to move onto the bun, then using the next two slows to move back onto the hot dog. The LEAD can move to the left or right side of the FOLLOW’S path, just like the bun is on both sides of the hot dog.

Basic Rhythm Changes – Add a rock-step: Shoulder Stops, Open Breaks and others.
 – Remove a rock-step: Tuck Walk with Tuck Turn, Pinwheel and others.

Complex Figures First prep happens coming out of the stretch; second prep is on last half of “1.”
 1 2 R-S 1-& 2 R-S

VARIATIONS

Turns FOLLOW only, LEAD only, BOTH, combinations.

Cuddles & Rolls Shift side-to-side. Double turn side-to-side. 180 degree pivots. Roll-in, roll-out, roll-around.

Pass Variations Turn basic figures into passes, creating travel down a path instead of staying in place. Apply to one- and two-hand turns, free spins, hammerlock, etc.

Sequences Like putting words together to create a sentence, put moves together to create a sequence. The goal is to make the sequence flow smoothly from one move to the next, just like your words flow smoothly when you’re talking.

SESSION 1

Basic Footwork, One-Handed Turns

Use hands to guide or be guided around the dance floor. Keep arms rounded, elbows forward and hands low.

Basic posture: low, grounded, athletic.

Basic footwork: slow – slow – quick – quick, connected in facing position, creating a stretchy Rock-Step.

One-Hand Turns Inside and outside turns for FOLLOW. Outside turns for FOLLOW, LEAD and BOTH.

Technique Fundamentals Spin technique. Connection concepts.

SESSION 2

Four Remaining Basic Figures

Two-hand Turn

Free Spin

Cuddle

Hammerlock

SESSION 3

Sequences: Putting Moves Together

Learning to dance is like learning a language: moves are like words and sequences are like sentences.

Start in CLOSED POSITION Outside Turn to facing
LEAD'S Brush-Off to right cross-hand connection
Bring FOLLOW into Skaters Position
(one basic in Skaters)
Roll out to right cross-hand
Loop head, push hip to Left Open connection
Inside Turn to Closed Position

SESSION 4

Floor & Path Management

Traveling Footwork "Travel First, Pivot Second" On 1: Step forward and pivot; on 2: step back; Rock-Step.

Floor Management To move the FOLLOW to a new spot on the dance floor, the LEAD brings his hand toward the FOLLOW'S destination, then lifts it to clear her head. The FOLLOW moves in the direction that the LEAD'S hand guides her, rotating as he lifts it to clear her head.

Path Management To move the FOLLOW past you, use the "Hot Dog & Bun" concept. The FOLLOW moves in a straight line down her path of travel (staying on the Hot Dog). The LEAD gets out of her way, using the Rock-Step to move onto the Bun. On the next two slows, he floats his hand over either her head or his own, moving back onto the Hot Dog. LEADS can move to the left or right side of the FOLLOW'S path, just like the bun is on both sides of the hot dog.

SESSION 5

Common Rhythm Changes

Adding a Rock-Step Create a Shoulder Stop from a basic FOLLOW'S Pass, adding a Rock-Step between the two slow steps. Both partners Rock-Step with the foot they don't usually use for that. Other similar moves: Flip Flops, Open Breaks, Double Side Passes.

Deleting the Rock-Step Introduce Stretches and Compressions, first in Facing Position, then in Closed Position. Prep the Tuck Walk with a stretch away from your partner on the Rock-Step, then compress as you rotate to face your partner on count 1. Continue with a series of stretches and compressions using all slow steps (1-2-1-2-1-2) and no Rock-Step. Finish the Tuck Walk with a Tuck Turn (compress & turn on 1, step back on 2, Rock-Step). Other similar moves: Pinwheel,

SESSION 6

Concept Work

Concept Work Develop concepts such as turning moves into passes, leading with clarity (i.e. difference between shoulder stop and going into closed), waiting to be guided, complex figures, connection, creating your own sequences, musicality.

SESSION 7

Review Everything

Review and practice everything from the beginning.