

Lindy Hop ♦ 8-Count & 6-Count Rhythms

Swing Dance Basics ♦ TC Swing

FOUNDATIONS

- FRAME & CONNECTION** **FRAME** Hold arms in a relaxed circle, elbows slightly forward, hands below elbows, shoulder blades engaged low and flat into the back, and core lightly engaged. **LEADS:** create a baseline level of pressure in connection. **FOLLOWS:** return connection at the level created by the LEAD.
- POSTURE & MOVEMENT** **Low and grounded** with the weight forward in the balls of the feet, **just like most sports.** **Move from your center** like running in baby steps, pushing through the feet with a **light bouncy step**, chest first going forward and hips / butt first going backward.
- GETTING STARTED**
1. Establish great **connection** in closed position.
 2. Establish shared pulse and **rhythm** between the partners.

SWING-OUTS & CIRCLES

Basic 8-Count Figures

8-count figures in which LEAD typically rotates in a full circle (starts and ends facing same way), moving the FOLLOW up and down her path of travel. Swing-outs end in Open Position; Circles end in Closed Position.

8-Count Rhythm	1-2	3-a-4	5-6	7-a-8
BASIC RHYTHM	Rock-Step (Double)	Tri-ple-Step (Triple)	Rock-Step (Double)	Tri-ple-Step (Triple)
LEAD'S FOOTWORK	L-r	L-r-L	R-l	R-l-R
FOLLOW'S FOOTWORK	R-l	R-l-R	L-r	L-r-L

PASSES & TUCK TURNS

Basic 6-Count Figures

Passes: 6-count figures in which LEAD rotates in a half circle, bringing FOLLOW from one end of her path to the other.
Tuck Turns: Closed to Open, Open to Closed.

6-Count Rhythm	1-2	3-a-4	5-a-6
BASIC RHYTHM	Rock-Step (Double)	Tri-ple-Step (Triple)	Tri-ple-Step (Triple)
LEAD'S FOOTWORK	L, r	L-r-L	R-l-R
FOLLOW'S FOOTWORK	R, l	R-l-R	L-r-L

TIMING & MOMENTUM FOR ADDING TURNS TO SWING-OUTS

8-counts

- Coming Into Closed** 1: create momentum, 2: add rotation; 3-a-4: complete rotation and go to extension
- Going To Extension** 5: create momentum, 6: add rotation; 7-a-8: complete rotation and go to extension
- Early Releases** **Inside Turn** LEAD'S left hand floats across FOLLOW'S center and lifts to clear her head.
Lead's Turn LEAD turns into his own left arm.
- Late Releases** **Shoulder Spin** LEAD connects on FOLLOW'S shoulder blade, rolls her off into a free spin.
Outside Turn Same as shoulder spin, except left hand lifts to float over Follow's head.
Texas Tommy LEAD connects on FOLLOW'S lower back with right hand. Bring her down her path, connecting in handshake behind the back then pulling down lightly to turn.

COMMON VARIATIONS

- Tuck Turns & Skip-Ups** Tuck FOLLOW in to compress, reverse to turn. Skip-ups are tucks & opens using kick steps.
- Cross-over break** Rock-Step, Kick-Cross, Back-Back-Forward. From closed / side-by-side position.
- Mini-dip** From right crossed: Rock-Step on 1-2, step low on 3/4, step through on 5, hold & snap on 6. Finish with stomp-off on &-8, or go directly into rock-step of next move.
- Around World w/ Points** FOLLOW'S outside turn while LEAD spins to right, reconnect in left open. Point in on 1/2, out on 3/4, in on 5/6/7, stomp-off on &-8
- Step Variations** Stomp-off, Heels, Kick-away, Kick-ball-change, Flares, Stops, Sweeps, etc...

SESSION 1

Basic Posture & Movement, 8-Count Footwork, 8-Count Rhythm Drills

Basic posture is low, grounded, and athletic. Move from center like you're running in light, bouncy baby steps; chest first going forward and hips/butt first going backward; keep weight on balls of feet; push through the feet (like skating).

Footwork Drills	Rock-Steps Drill on one foot, then other. Back-Step-Forward-Step (3x), Back-Step-Switch Triple-Steps Going forward and backward, travel – collect – travel. “Left-a-left, right-a-right.” Grapevine Triple-Steps Moving to the left, then to the right.
8-Count Footwork	1-2 (double) 3-a-4 (triple) 5-6 (double) 7-a-8 (triple)
Rhythm Drills	FORWARD & BACK linear footwork ♦ FLIP FLOP rotating footwork OUT & BACKS FOLLOW'S and LEAD'S (one has linear footwork, the other rotating) PROMENADES FOLLOW'S and LEAD'S (one linear to rotating, the other rotating to linear)

SESSION 2

Connection, Swing-Out Variations

Review / Practice	Basic Posture and Movement Triple-Steps and 8-Count Footwork Rhythm Drills
Connection Drills	LEAD'S JOB Create and release connection; establish baseline level of pressure. FOLLOW'S JOB Be available for connection; match LEAD'S push with push, pull with pull. Practice 30/60/90 mph drill, actively engaging hands/back into connection. Create good 45 mph baseline, allow natural pressure changes throughout moves, return to baseline.
Swing-Out Variations	CIRCLE IN CLOSED Starts in Closed, Ends in Closed SWING-OUT FROM CLOSED Starts in Closed, Ends in Open SWING-OUT IN OPEN Starts in Open, Ends in Open CIRCLE TO CLOSED Starts in Open, Ends in Closed

SESSION 3

Lead-&Follow Drills, Adding Rotation

Review	Rhythm Drills Connection Drills Swing-Out Variations
Lead/Follow Drills	WAITING TO BE GUIDED Demonstrate: “Watching & Matching” versus “Waiting to be Guided” Practice concept with simple steps, then apply to Rhythm Drills, Swing-Outs & Circles.
Adding Rotation	Shoulder Spin & Outside Turn (late release), Inside Turn (early release)

SESSION 4

Momentum, Putting It All Together

Review	Rhythm and Swing-Out Drills Connection and Lead/Follow Drills Adding Rotation
Momentum Drills	LEAD'S JOB Get the FOLLOW moving and keep her moving, stay squared to the FOLLOW. FOLLOW'S JOB Keep moving, always move in a straight line, stay squared to the LEAD. DRILL RANDOM 8-COUNT MOVEMENT LEAD moves FOLLOW around with NO standard figures. MIX IN KNOWN FIGURES Go back and forth between random movement and standard 8-counts.
Putting It All Together	Go back and forth between Rhythm Drills, Swing-Outs and Variations. (mini routine)

SESSION 5

Common Rhythm Change: 6-Count Figures

Review	Connection, Lead/Follow, Momentum Rhythm Drills, Swing-Outs, Variations (mini routine)
6-Count Footwork	FORWARD & BACK linear footwork 1-2 (double) 3-a-4 (triple) 5-a-6 (triple)
Rhythm Drills	FROM CLOSED: SEND-OUT, FOLLOW'S & LEAD'S PASSES, BRING IN TO CLOSED (linear footwork) FROM CLOSED: TUCK TURN, TUCK FREE SPIN TO RX, SPIN IN TO CLOSED (rotating footwork)

SESSION 6

Understanding 6- and 8-Count Rhythm Changes

Review	6-Count Footwork 6-Count Rhythm Drills
Rhythm Changes	How to go back and forth between 6- and 8-count rhythms, and why it works. Practice drills.

SESSION 7

Review Everything

Review	6-Count Rhythms Drills 8-Count Rhythm Drills Swing-Out Variations Practice going back and forth between 6- and 8-count rhythms.
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