

# East Coast Swing

## Beginners Class

Instructors: Chris and Victoria Ringo

### Lesson 1:

Introduction & Demonstration  
Step Count - Foot Work  
Frame and Form of Closed Position  
Practice Dance

### Lesson 2:

Review of Lesson 1 – Practice  
Left Rotation and Right Rotation  
Left Rotation to One-Hand Open Position and back to Closed Position  
Practice Dance

### Lesson 3:

Review of Lesson 2 – Practice  
Left Side Pass - Lady Underarm  
Right Side Pass – Man Underarm  
Right Side Pass – Lady Underarm  
Right Side Pass – Lady Underarm to Closed Position  
Practice Dance

### Lesson 4:

Review of Lesson 3 – Practice  
Tuck-Turn to One-Hand Open Position  
Review Man and Lady Right Side Underarm Passes  
You-Turn/I-Turn and back to Closed Position  
Practice Dance

Bonus (If time permits) Tuck-Turn to Two-Hand Open Position, Wrap Position and Wrap Tuck-Turn

# East Coast Swing

## Intermediate Class

Instructors: Chris and Victoria Ringo

### Lesson 1:

Introduction & Demonstration  
Tuck-Turn to Open Position  
Right Side Underarm Passes  
You-Turn/I-Turn  
Practice Dance

### Lesson 2:

Warm-Up/Practice – Review Lesson 1  
Two-Handed Open Position  
Wrap Position and Wrap Tuck-Turn  
Two-Hand Underarm Turns  
Practice Dance

### Lesson 3:

Warm-Up/Practice – Review Lesson 2  
One-Hand Open Position  
Right Side Pass with Waist Slip and Hand Change  
Cape Position (Shadow Cape & Lower Cape)  
Practice Dance

### Lesson 4:

Warm-Up/Practice – Review Lesson 3  
Hammerlock Position  
Right and Left Side Lady Hammerlock  
Right and Left Side Man Hammerlock  
Hammerlock to Wrap  
Practice Dance

Bonus (If time permits) Free Spins