

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