

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