

TC Swing's Swing Dance Basics

Lindy Hop ♦ 8-count & 6-count rhythms

FOUNDATIONS

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| FRAME & CONNECTION | FRAME Hold arms in a relaxed circle with elbows slightly forward, hands below elbows and shoulder blades engaged low and flat into the back. Core is lightly engaged and arms are relaxed, firming up only when needed to create or return connection. LEAD chooses when to create and release connection, establishes baseline level of connection, and keeps the baseline constant and consistent. FOLLOW is always available for connection and returns the baseline at the level created by the LEAD . Connection can be “pull” or “push” (if LEAD establishes pull, FOLLOW returns pull). The level of pressure in the connection changes throughout the dance, then returns to the baseline. |
| BASIC POSTURE | Low and grounded with the weight forward in the balls of the feet, just like most sports. |
| BASIC DANCE POSITIONS | Closed, Facing, Open, Crossed, Skaters, Sweetheart. |
| GETTING STARTED | <ol style="list-style-type: none"> 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 basic figures in which LEAD typically rotates 360 degrees (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

BASIC 6-COUNT FIGURES

6-count basic figures in which LEAD rotates 180 degrees, bringing FOLLOW from one end of her path to the other. FOLLOW stretches to full extension on final triple step. Passes usually end in Open Position.

| 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 |

BASIC TURNS

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|---------------|---|
| Inside Turn | Standard swing-out through count 4, <i>right hand releases early</i> . On 5-6 LEAD's left hand brings FOLLOW down her path and lifts to clear her head; FOLLOW travels, pivots and stretches away to open position. |
| Lead's Turn | Standard swing-out through count 4, <i>right hand releases early</i> . LEAD's right foot rock-step on 5-6 and rotates under his own left arm; completes rotation and stretches away to open position. |
| Shoulder Spin | Standard swing-out through count 4, except LEAD connects on FOLLOW'S shoulder blade with right hand. Release left hand; right hand brings FOLLOW down her path then rolls her off into a free spin. |
| Outside Turn | Same as shoulder spin, except left hand stays connected and lifts to clear her head for the turn. |
| Texas Tommy | Standard swing-out through count 4, except 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

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| Tuck Turns & Skip-Ups | Tuck FOLLOW in, then reverse direction for turn. Skip-up is tuck walk with kicks. |
| Cross-over break | Rock-Step, Kick-Cross, Back-Back-Forward. From closed or side-by-side position |
| Mini-dip | From right crossed: Rock-Step on 1-2, Down on 3/4, Step on 5, Hold & Snap on 6/7, Stomp-off on &-8 |
| Points | 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... |