

TC Swing's Swing Dance Basics

East Coast Swing ♦ 6-count

FOUNDATIONS

Leading & Following	<ul style="list-style-type: none"> – When connected to partner, use good tension (firmness in arms) to give & receive direction. – Body movement can be straight forward and backward or turning in either direction. – This is a spot dance, which means it stays in place on the dance floor. Movement to a new spot on the dance floor should be intentional, not random, and should be distinctly lead and followed. 																														
6-Count East Coast Step	<p>LEAD begins on left foot; FOLLOW begins on right foot.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th colspan="3" style="text-align: left;">Single Step</th> <th colspan="3" style="text-align: left;">Triple Step</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">Rock-step</td> <td style="text-align: center;">1-2-3</td> <td style="text-align: center;">2-2-3</td> <td style="text-align: center;">Rock-step</td> </tr> <tr> <td style="text-align: center;">Side</td> <td style="text-align: center;">Side</td> <td style="text-align: center;">Back-Front</td> <td style="text-align: center;">Side</td> <td style="text-align: center;">Side</td> <td style="text-align: center;">Back-Front</td> </tr> <tr> <td style="text-align: center;">Slow</td> <td style="text-align: center;">Slow</td> <td style="text-align: center;">Quick-quick</td> <td style="text-align: center;">Tri-ple-Step</td> <td style="text-align: center;">Tri-ple-Step</td> <td style="text-align: center;">Rock-step</td> </tr> <tr> <td style="text-align: center;">1-2</td> <td style="text-align: center;">3-4</td> <td style="text-align: center;">5,6</td> <td style="text-align: center;">1 a 2</td> <td style="text-align: center;">3 a 4</td> <td style="text-align: center;">5,6</td> </tr> </tbody> </table>	Single Step			Triple Step			1	2	Rock-step	1-2-3	2-2-3	Rock-step	Side	Side	Back-Front	Side	Side	Back-Front	Slow	Slow	Quick-quick	Tri-ple-Step	Tri-ple-Step	Rock-step	1-2	3-4	5,6	1 a 2	3 a 4	5,6
Single Step			Triple Step																												
1	2	Rock-step	1-2-3	2-2-3	Rock-step																										
Side	Side	Back-Front	Side	Side	Back-Front																										
Slow	Slow	Quick-quick	Tri-ple-Step	Tri-ple-Step	Rock-step																										
1-2	3-4	5,6	1 a 2	3 a 4	5,6																										
Basic Positions	Facing, Closed, Open, Crossed, Double Crossed, Skaters, Sweetheart, Cuddle, Hammerlock																														

FIVE BASIC FIGURES

One-Handed Turn	Simple underarm turn, release other hand. Can be “outside” (also called arch turn -- out away from center axis) or “inside” (also called loop turn -- in across center axis).
Two-Handed Turn	Two-handed turn (sometimes called barrel roll)
Free Spin	One- or two-handed lead, release completely to spin. LEAD’s free spin is a “brush-off.”
Cuddle	One-handed “inside” turn with other hand still attached. (Cuddle is sometimes called wrap.)
Hammerlock	One-handed “outside” turn with other hand still attached.

BASIC CONCEPTS

Dance in Place	Basic figures are danced in place. FOLLOWS turn directly under the LEAD’s hand, and don’t wander from side to side as they turn.
Passes	LEAD brings the FOLLOW down her path, so the FOLLOW finishes travel on the other side of the LEAD. Using the “Hot Dog & Bun” concept, the FOLLOW always moves in a straight line (staying on the Hot Dog). The LEAD gets out of the way of the FOLLOW’S movement, moving onto the bun on the Rock-Step, then moving back to the hot dog on the next two slow steps. The LEAD can step to the left or right side of the FOLLOW’S path, just like the bun is on both sides of the hot dog.
Travel First, Pivot Second	The LEAD can bring the FOLLOW to a new part of the dance floor by bringing his hand there. The FOLLOW moves where the LEAD’S hand guides her, rotating as he lifts it to clear her head.
Traveling Footwork	Count 1: Step forward and pivot; Count 2: step back; Rock-Step
Basic Rhythm Changes	<ul style="list-style-type: none"> – Add a Rock-Step: Practice using Inside Pass with Shoulder Stop (also Open Breaks and others) – Remove a Rock-Step: Practice using Tuck Walk with Tuck Turn (also Pinwheel and others)
Complex Figures	First prep is on “Step” (of Rock-Step). Second prep is on last half of “1.”
Tuck Turns/Spins	FOLLOWER only, BOTH, with spins, combos. Same timing as Complex Figures. On Count 1, LEAD tucks FOLLOW in, then pivots her in the opposite direction. She pivots on 1 and lands on 2.
	1 2 R-S 1-& 2 R-S

VARIATIONS

One- & Two-Handed Turns	FOLLOW only, LEAD only, BOTH, combinations.
Cuddles & Rolls	Cuddle on either side (right or left). From open (one-handed) position: roll-in, roll-out, roll-around. VARIATIONS Promenade. Shift side-to-side. Double turn side-to-side. Half wrap on either side.
Pass Variations	Many basic figures can be turned into passes: one- and two-hand turns, free spins, hammerlock, etc.
Sequences	Like putting words together to create a sentence, you can put moves together to create a sequence. The goal is to make the sequence flow smoothly from one move to the next, just like your words flow smoothly when you’re talking.