

ACDC Dancestrong: West Coast Swing Level 1.5

Syllabus

- Eight-Count Rhythm
- Basket Whip
- Whip (Closed Whip)
- Basket Whip with Bump-Out
- Basket Whip with Single Outside Turn or Double Outside Spin
- Closed Whip with Single Outside Turn or Double Outside Spin
- Closed Whip with Inside Turn
- Apache Whip
- Hesitation Whip – Basic and with slide
- Power Whip (6-count)
- Cut-off Whip
- Eight-Ball Whip
- Cut-Off Whip with Single Outside Turn or Double Outside Turn
- 6-Count Cut-Off Whip

Basic Syncopations

- Triple Step Pattern Syncopations
- Taps Side x 2
- Kick-Ball-Cross (1, 2, 3&4, 5&6, 7&8) Triples and with Ronde'
- Shooting duck gallery in Sweetheart position – double cross ending into bowtie
- Roll-in, Roll-out, free spin ending, escort ending, left to left pickup

Notes

Instructor Approval Signature, Date Approved
