ACDC Dancestrong: West Coast Swing Level 1.5

Syllabus

- ☐ **Six-Count Rhythm**
- ☐ Performing hand changes
- ☐ Sugar Push Variations (crossed hands, hair brushes, butterflies & loops)
- ☐ Left-Side Pass with Leader Rib Tickler
- ☐ Right-Underarm with Leader Rib Tickler
- ☐ Crossed-hand Right-Underarm to Hairbrush
- ☐ Left-Side Pass to Window Loop
- ☐ Snap Tuck Turn
- ☐ Left Underarm Turn (New York Walk)
- ☐ Turning Basic
- ☐ **Eight-Count Rhythm**
- ☐ Basket Whip Variations (Shadow catches, hip catches)
- ☐ Whip with Inside Turn
- ☐ Underarm-Underarm Whip

Open Work

- ☐ Pattern Projection and Prepping
- ☐ Pattern polarity (sidedness)
- ☐ Grip perfection
- ☐ Pattern reversals
- ☐ Leverage connection in rotation
- ☐ Compression connection in rotation
- ☐ Follower's frame
- ☐ Follower's followthrough

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Instructor Approval Signature, Date Approved

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