

ACDC Dancestrong: West Coast Swing Level 1

Syllabus

- Six-Count Rhythm**
- Slotting
- Anchor Position(s)
- Walking mechanics
- Sugar Push
- Left-Side Pass
- Right-Underarm
- Sugar Tuck Turn
- Passing Tuck Turn
- Cutoff
- Starter Step (four- & six-count)
- Eight-Count Rhythm**
- Basket Whip
- Basket Whip with Bump-Out
- Whip (Closed Whip)
- Whip with Outside Turn
- Apache Whip
- Cut-off Whip

Open Work

- Posture
- Balance point
- Body lead, body flight
- 1st, 2nd, 3rd, 4th, 5th & 6th foot positions
- 1st, 2nd & 3rd position grips
- Hand shapes in transition
- Leverage connection
- Compression connection
- Pattern transition
- Lead & follow fundamentals (divergence in action between leader & follower)

Notes

Instructor Approval Signature, Date Approved
