

ACDC Dancestrong: West Coast Swing Level 2.5

Syllabus

- Six-Count Rhythm**
- Pattern extension; adding walks & pauses
- Pattern extension; adding reiterative sequences
- Cut-Off & Rolls to Shadow/Hammerlock/Wrap Alternating Triples
- Syncopation Basics: rhythm unit counting
- Syncopation Basics: exchange, replacement, delays and holds
- Musicality Basics: counting music while dancing non-phrased patterns
- Shaping basics in Anchor Steps: swivels, chassés, boogies, lateral anchors
- Shaping basics in walks: boogie, jazz, duck walks, swivels, Latin
- Introduction to Rock-&-Go patterns: six count with left-spin exits
- Turn-&-Go patterns
- Introduction to Texas Push/Whip; Double-Resist movement & syncopations
- Volume studies: shape alterations in basic movements (lateral, longitudinal, altitudinal)
- Eight-Count Rhythm**
- Continuation patterns: Basket Whip outside turn to Hammerlock; exits from Level 2
- Arm-catch patterns: cupids, tuck reversals & Hustle variations
- Continuation patterns: continuous circle whips
- Continuation patterns: whips with rides; circular connection
- Patterns with rondés: whips with torque
- Patterns with rondés: Neck Wrap Rondés, Leader Basket-Wrap Rondés

Open Work

- Proper foot technique, proper stepping sequence
- Pattern Projection and Prepping
- Leader Body Lead
- Grip perfection: comfort & mobility with clarity
- Decisiveness, creating natural pattern flow
- Follower Body Flight, Balance & Stability
- Follower balance perfection with plié and relevé
- Follower frame perfection
- Follower Economy
- Creating lines with limbs
- Altering shapes in three axes of volume
- Showing competence with musical phrasing

Notes

Instructor Approval Signature, Date Approved
