

ACDC Dancestrong: West Coast Swing Level 2

Syllabus

- Six-Count Rhythm**
- Starter Step variations (direction changes & jockeying)
- Closed Position Tuck; Connection with Leader's right hand in closed; universal throw-out from Starter Steps
- Cutoff to Closed Position
- Leader Spot Turns with Hand Changes after each Basic pattern (rightward & leftward lariats); Leader Spins
- Follower's Chainés Turns, rightward
- Rightward spins during second triple (Sugar Tuck with Spin, Passing Tuck with Spin)
- Dallas Side Pass on 3, Dallas Side Pass on 4
- Right Roll
- Left Hand Barrel Roll, Right to Left Barrel Roll
- Follower's Chainés Turns, leftward
- Leftward spins during first triple (Left Roll, Rightside Inside Roll)
- Left Roll to Closed Pickup
- Leftward spins during both triples
- Left Roll to Hammerlock, Left Roll to Wrap
- Left Roll to Shadow with crossed-hand grip, Left Roll to Hammerlock with crossed-hand grip.
- Two-Handed Tuck to Hammerlock, Rightside Inside exit, Left Roll exit
- Cross-Hand Right Underarm to Bowtie, Cross-Hand Left Roll to Bowtie
- Eight-Count Rhythm**
- Rightward Chainés during second triple (Whip with Spin, Basket Whip with Spin)
- Hustle Wheel Whip (Reciprocal and Crossed Hand)
- Rightside Inside Chainés after 5 in Whip; Left Roll after 5 in Whip
- Whip with Two Pivots; Whip with Three Pivots
- Reverse Whip (Continuous Left-Side Pass in 8)
- Crossed Hand Cutoff Whips (Left High, Right High, Caped)
- Reciprocal Hand Cutoff Whips (Right High, Left High, Both High)

Open Work

- Proper foot technique, proper stepping sequence
- Pattern Projection and Prepping
- Body Flight, Balance & Stability
- Grip perfection: comfort & mobility with clarity
- Follower connection loading
- Follower frame perfection
- Decisiveness, creating natural pattern flow
- Leader Assertiveness with Body Lead
- Follower Economy

Notes

Instructor Approval Signature, Date Approved
