

6-COUNT SWING BASICS

Danced at 152 (slow) to 172 (best) to 220 (fast) beats per minute

BASIC: SLOW, SLOW, QUICK QUICK (1-2 3-4 5 6)

- Gent starts on LF: step side L, side R, rock back on LF and step RF in place; Ladies reverse footwork
- Two-hand hold Lindy clasp (palms down) or Promenade position
- Elbows bent, knees bent, slightly forward upper body, step back away from partner and support on rock-step; relaxed, easy style; feet skim the floor, turning or traveling slightly to add interest and style

IN CLOSED POSITION: VARIATIONS OCCUR ON THE 2 SLOW STEPS

LADY'S ARCH TURN – she goes forward under her R/his L joined hands and turns R to face him for rock-step

LOOP TURN – she returns to waltz position under gent's lifted L elbow, turning L and re-taking promenade position for rock-step;
ALSO - possibly taking a 2-hand hold to finish
ALSO - Loop turn while trading places: Gent exchanges places with her as she turns under his L elbow.

WAIST SLIDE TURN – after Lady's Underarm Turn, both walk forward passing Right shoulders, man breaks through his L/her R joined hands, he turns L to face her as she slides her hand around his back at waist level. Re-take her R hand with either his L or R hand to face her on rock-step.

MAN'S UNDERARM TURN - gent walks under his own raised L arm, turns L to face her on rock-step; she dances a basic in place

FROM 2-HAND HOLD:

CUDDLE UP – gent brings his LH/her RH across between them and turns lady L into his R arm for rock-step in side-by-side position; she steps forward and turns L in time to rock-step beside him; he lowers his LH to capture her. He raises LH to release her or releases his L hand to step back, unwinding her.

DISHRAG – keeping hands close together, bring all 4 hands together and up, turning the lady Left underneath the hands while he passes behind her. End facing partner to rock-step with hands twisted, then reverse to unwind.

ARCHES – gent lifts all hands up and places his LH behind his head and his RH behind her head, slide out to R in R handhold. Exit with Loop Turn.