

Absolute Beginning Lindy Hop Review

#	Name	Counts	End Position	Notes
1	Basic with Rotation	6	Closed	1/2 turn
2	Basic with Rotation	6	Closed	1/2 turn
3	Tuck-Turn	6	Open (L to R)	3 parts
4	Walk Through	6	Open (L to R)	Lady travels!
5	Swing Out	8	Open (L to R)	Stay on line...
6	Swing in (Circle)	8	Side By Side	Stay Close
7	Basic Charleston	8	Side By Side	
8	Pendulum	16	Side By Side	6 Kicks
9	Swing Out from Closed	8	Open (L to R)	Set back on 1
10	Swing Out w/ walk thru	8	Open (L to R)	Prep on 4
11	Swing Out w/ Free Spin	8	Open (L to R)	Roll Off R Hand

6 count Footwork:

rock step tri ple step tri ple step

1 2 3 a 4 5 a 6

Also called East Coast Swing

8 count Footwork:

step step tri ple step step step tri ple step

1 2 3 a 4 5 6 7 & 8

Also called Lindy Hop (Follows step forward on 2. Leaders step back on 1)

Charleston Footwork:

rock step kick step kick bend kick step

1 2 3 4 5 6 7 8

Remember: Step means put ALL your weight on to that foot. Leaders always start with the left foot.

Follows always start with the right foot. Sit into lindy hop posture. Get down! No thumbs! Smile.

Go dancing!

Lady's Footwork for Swing Out

#	'	Step	Description	Hands
8	L	Step	Preparation for swivels (hips left, step left)	L to R in Open
1	R	Step	Step forward if he pulls (Swivel to the right, twist left) If he does not pull swivel in place. This is YOUR moment.	L to R in Open
2	L	Step	Step forward (swivel to the left, twist right) Don't try to avoid him. Walk forward on a balance beam. He will move.	Left to Right
3	R	Trip-	Cross the right foot in from and turn quickly to face the guy. It feels like a third swivel with added Clockwise rotation.	His hand moves to back
a	L	Le	Step back away from the guy. This is how you extend away	Closed
4	R	Step	Right foot forward, left foot back on toe, square up!	Closed
5	L	Step	Step to the side as he starts the swing out	He lets go
6	R	Step	Step behind and face your partner.	L to R in Open
7	L	Trip-	Step under you and keep facing your partner.	L to R in Open
a	R	Le	Step in place - keep facing.	L to R in Open
				Open

a	R	Le	Step in place - keep facing.	L to R in Open
8	L	Step	Now start the swivel prep to the left. Repeat from step 1	L to R in Open

Leaders Footwork for Swing Out

#	'	Step	Description	Hands
8	R	Step	Preparation for the swing out - weight is down - bend knees. Step back away from your hand to create some distance and counter balance.	L to R in Open
1	L	Rock	Rock-step Backwards on the ball - HEEL UP!! You want to rock away from your hand.	Don't pull yet!
2	R	Step	Turn foot toward right - body turns 1/4 Clockwise - this is where you pull	R rdy to catch
3	L	Trip-	Start to face the girl (step toe then heel)	catch
&	R	le	Square up	Arm extends
4	L	Step	Shoulders square, hips square, parallel feet, right hand on her rib cage, head up, slightly off set to the left, sit!, lots of space.	Swing her out! Pull!
5	R	Step	Step open in the direction of the swing out (never hook foot)	let go!
6	L	Step	Square up with girl and slow her momentum with you left hand.	L to R in Open
7	R	Trip-	Step behind you to create distance. Keep your left hand in place	L to R in Open
&	L	le	Step in place (slightly in front)	L to R in Open
8	R	Step	Step behind as you stay settled back(foot must be straight and not twisted) Repeat from count 1.	L to R in Open