

# Swingin' Sundays

Review Card : Intermediate Lindy Hop (Series F)

#	Name	Counts	End Position	Notes
1	Basic Circle	6	Closed	Hold 3, Stretch 5
2	Toss Out	2	Open L to R	Hold 2
3	Swing Around with Extended Triple and release	8	Open L to R	Hold 7
4	Full Circle	6	Closed	Guys kick step hook step
5	Pop Turn	6	Open L to R	Guys kick on 1 (Option to turn CW on 3,4) Ladies open wide and reverse triple on a3,4
6	Basic Circle	6	Closed	3/4 around
7	Travel Kicks	6	Closed	Palm to Palm
8	Flip Kicks	4	Closed	Ladies like a Board. Guys lean over a little
9	Flash Kicks	4	Closed	Right Foot Between Partner's Feet
10	Push Break	4	Closed	Press not Freeze
11	Tuck Turn with Hand Change	6	Open R to R	Prep Round Rockstep
12	Reverse Swing Out	8	Open L to R	Step forward on 4
13	3 Switches	6	Open L to R	Swivel Step Step (3a4)
14	Rhythm Circle	12	Closed	Basic 8 then 4 walks
15	Inside Turn	6	Rt hnd on Tricep	Ladies keep turning
16	Catch Turn to dip	5	Closed	Step kick step on a1 2 (guys) Pose open for girls