

# Swingin' Sundays

## Review Card : Beginning Shadow Charleston

#	Name	Counts	End Position	Notes
1	Basic East Coast	6	Closed	Rotate 180°
2	Tuck Turn	6	Open (R to L)	Change Hand
3	Break into Shadow Position	4	Girl Fnt Guy Bck	Rk Stp Break!
4	Basic Shadow Charleston	8	Same	Both Rk w/ L Ft
5	Side Kick (Half Turn)	8	Same	Prep 1 Click 5
6	Basic Shadow Charleston	8	Same	Look Up!
7	Full Turn	8	Same	Pre 1 Turn 2
8	Basic Shadow Charleston	8	Left Hnd on Bk	Prep with L on 1
9	Push Out with Left	8	Rt. Hnd on Bk	Switch on 8
10	Push Out with Right	8	Two Hands	Girl offers hands
11	Pop Up!	8	Two Hands	Prep Up 3 Dwn 4
12	Guys Travel to Front	8	Guy Fnt Grl Back	Don't HOP UP...
13	Guys Pop UP!	8	Same	Up on 5!
14	Rock and Roll Exit to Lindy	8	Closed	Welcome Home!

### **Basic Shadow Charleston Footwork** **Rock Step Kick Step Kick Bend Kick Step** **1(L) 2(R) 3(L) 4(L) 5(R) 6(R) 7(R) 8(R)**

Be sure on the rock step to step straight back when you are in front. If you try to avoid your partner you will step on him/her.

Your posture should be down like you are sitting forward in a chair.

Remember to swim your arms. When you step back on your left, your left arm comes forward. Your arms switch every 2 counts.

Only use this dance for fast music. Charleston is a wild energetic dance and should not be used with easy going music. Have FUN! [www.ocswing.com](http://www.ocswing.com)