

American Style

Dance notes by Lee & Peggy Santos
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Social Dance Notes

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American Style**Social Swing****East Coast Swing**

4/4 timing, begin in Swing Promenade position, Facing Center

Swing Basic Rhythm Step A & B – For Gentleman and Lady is **A**. Forward Step in Promenade on S, a Side Step on S and then a Rock Step backward for QQ.

C. Forward Triple Step in Promenade for 1&2, a side Triple Step for 3&4 and then a Rock Step backward for 5 6.

Q count is equal to 1 beat of music.

S count is equal to 2 beats of music.

Q & Q count is equal to 2 beats of music.

A. Single Step Basic

B. Double Step Basic

C. Triple Step Basic

<i>S</i>	<i>S</i>	<i>QQ</i>	<i>1(2) 3(4)</i>	<i>56</i>
<i>QQ</i>	<i>QQ</i>	<i>QQ</i>	<i>(1)2 (3)4</i>	<i>56</i>
<i>Q&Q</i>	<i>Q&Q</i>	<i>QQ</i>	<i>1&2 3&4</i>	<i>56</i>

Basic Swing Dance Routine

warm up exercise during class.

Basic in Open Position

1 Basic Step

Basic moving side in Open Position

1 Basic Step

Swing Dance Routine will begin in Closed Position with the Closed Basic Step.

1. Basic in Closed Basic

1 Basic Steps

2. Send Out

1 Basic Step

3. Closing Basic

1 Basic Step

4.&5. Lady Right and Left UAT (Under Arm Turn, then Reverse)

2 Basic Steps

6. Hand Change Behind the Back

1 Basic Step

7. Man's Left UAT

1 Basic Step

8. Right Shoulder Turn

1 Basic Step

9. Wrap (Changing Sides)

3 Basic Steps

10. Two Hand Send Out

1 Basic Step

11. Arm Slide

2 Basic Steps

from Open Position (one hand hold) bring Lady back

Left (Reverse) UAT . Man changing hands at the end. Or Advanced Arm Slide

12. Closing Basic

1 Basic Step