

EAST COAST SWING – Level 1 Beginning (Jitterbug)

(L=leader, F=follower, l=left, rt=right, rk= rock, X=cross hand, ct=count, ft= foot)

1. **Basic Step:** L starts with left foot, F starts with right

Triple Time: Rock Step (counts 1, 2) Triple step (3&4) Triple step (5&6)

Single Time: Rock Step (counts 1, 2) Step hold (3,4) Step hold (5,6)

Double Time: Rock Step (counts 1, 2) Step, tap other ft (3,4) Step, tap other ft (5,6)

2. Closed Position Frame:

L rt hand on F shoulder blade (not kidneys): F inflate frame! ☺

3. **F's Outside Turn:** L use rt hand to guide F under left arm starting on count 3

4. **F's Inside Turn:** turn F back under same arm after rk step on 3&4, 5&6

5. Open Position Frame

Gentle compression on triple steps, slight press away from each other on rock step Arms steady & quiet, elbows bent and close to body, no gripping with fingers

6. **L's Outside Turn** – L goes under own left arm turn hand over like holding a Pizza, lead F to your right with rt hand. Then do a F's Inside Turn

7. **Waist Slide** – L outside turn but lower lt hand & place on belly & turn into own arm

8. Waist Slide Sequence:

Waist slide but end with crossed hands (handshake position) then:

Brush Off - F under rt arm on 3&4, L turns toward own left shoulder and switches hands behind back 5&6, then: F's Inside Turn

9. **Butterfly Slide:** Two hand lead from open position. L cross arms left over right on Rock , swing arms up and over heads on step, land arms on shoulders on 4, release hand and slide arms down on 5&6. Exit: Brush Off, or Pull Through

10. Frisbee Turn

Lead with rt hand into a swivel on rk step, then lead a free spin to L's right with hand kept at waist level and close to F's body. Leaders can turn to rt.

11. **She Goes/He Goes:** variation on the F inside turn – F turns on 3&4 then L keep hand high to turn self counter clockwise under own l arm for 5&6.

12. **Airplane Turn:** like She Goes/He Goes: F turns on 3&4 then L lower lt hand to waist & turn self counter clockwise 5&6 while L rt arm goes up and over F head to X hand.

13. **Pull Through:** (F's Inside Turn) start X hand, lead F to pass on rt giving small twist of wrist to rt (¼ rotation quickly and gently) on ct 2 of rock step, F free spin to lt

HOPE YOU ENJOYED THE CLASS AND KEEP DANCING!

Cindy Overstreet; c 2007

cindy@bothleftfeet.com

www.bothleftfeet.com