

East Coast Swing

Partner Dance. Dance is done with triple steps...

Counting quick 1-2-3, 1-2-3, rock step

Dance can be done in closed or open position,

for class, open is the best option

Basic step

- Men/Partner 1 (○) : *hands form c's*
 - *rock to side (left) (triple step) L, R, L
 - *rock to side (right) (triple step) R, L, R
 - * step BACK with left foot (QUICK) \Rightarrow *also known as:*
 - *step forward with right foot (QUICK) *rock step*
- Women/Partner 2 (◎) : *hands form begging position, hands fit in partner's*
 - *rock to side (right)...(triple step) R, L, R
 - *rock to side (left) (triple step) L, R, L
 - * step BACK with right foot \Rightarrow *also known as:*
 - *step forward with left foot *rock step*

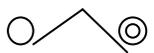
Create some tension on the rock back, as partners rock away from each other.

Ladies Inside turn (from the rock step)

Men/partner 1 drop right hand (ladies left), Walking forwards (triple step L, R, L) bring lady/partner 2 inside so she slides past you with her back to you, (do another triple step as she slides past you R, L, R) then rock step (left, right)

Women/partner 2 off the rock step, you will walk forwards (triple step R,L,R) turn around so back is back to partner as you triple step (L, R, L) , then rock step (right, left)

Ladies Outside Turn (video 4)

Men/partner 1 will signal they want the lady to turn, by raising his left arm up to form a bridge, while holding onto the lady's/partner 2 hand 
men will bring lady to outside, while walking forward triple step (L,R,L), triple step (R, L, R)then rock step (left, right)

Ladies/partner2: will walk forwards triple step (R,L,R), then turn left as you triple step (L,R,L), then rock step (right, left)

Around the world (side by side move & turn)

While facing each other, each step forward to the side of the other person. With arms extended across the other partner's chest (while still holding hands), spin around triple step, triple step, rock step

Man turns self under own arm