

Jitterbug

*Partner Dance. Dance is done in a 6 count
(Slow (1-2), Slow (3-4), quick (5), quick (6))*

*Dance can be done in closed or open position,
for class, open is the best option*

Basic step (video 3)

- Men/Partner 1 (○) : *hands form c's*
 - *step to side with left foot 1...hold 2 (SLOW)
 - *step to side with right foot 3...hold 4 (SLOW)
 - * step BACK with left foot (5) (QUICK) ⇒ *also known as:*
 - *step forward with right foot (6) (QUICK) *rock step*
- Women/Partner 2 (◎): *hands form begging position, hands fit in partner's*
 - *step to side with right foot...hold 2 (SLOW)
 - *step to side with left foot 3...hold 4 (SLOW)
 - * step BACK with right foot (5) (QUICK) ⇒ *also known as:*
 - *step forward with left foot (6) (QUICK) *rock step*

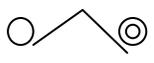
Create some tension on the rock back, as partners rock away from each other.

Ladies Inside turn (video 3) from the rock step

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

Women/partner 2 off the rock step, you will walk forwards with right and turn around to left, rock step

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 left, right....then rock step.

Ladies/partner2: will walk forwards right, then turn left, then rock step.

Ladies outside turn with belly turn return (see teacher for help)

Ladies just turned outside and rock step...

Bring them back by pulling lady into man's hands (man's hand will be at woman's belly) (her back is to you)

Spin her back out to the rock step