

Swing Dance

Objectives

- Fun – This is in my estimation why we dance in the first place. This idea cannot be lost.
- Move Rhythmically – A unique learning experience that helps us relate to our world.
- Create comfort, confidence and etiquette in a social situation

General movement considerations

- Tension – A must have for the lead process to occur. Push and pull should move whole body.
- Posture – Feet less than shoulder width with a slight forward lean toward partner.
- Stride Length – Smaller is better and a must for faster tempo music.
- Distance – Partners should strive to remain no farther than elbow to side distance apart.

Etiquette

- Expectations of behavior – Be clear and firm on behaviors that may manifest.
- Asking the question – Student should use full sentences, others name, be polite and enthusiastic.
- Reply – Echo the question, must say yes, full sentences.
- Shadow – If you are without a partner must join group ready to shadow your part.
- Cutting in – Ask person replacing to cut in, must still ask partner.
- Commitment level – A dance is not a marriage, just one song long.
- Thank You – Always thank your partner.

Dance Positions

- Open – Guys use “video game controller” girls use “bunny rabbit.” We hold both hands.
- Closed – Guys left remains the same. Right hand should be placed on girl’s shoulder blade. Girl’s left hand should hold deltoid, elbows stack. Feet tilt out to form V
- “thumb wrestler” – Cross hand lead with couple holding right hands.

Prior Knowledge

- Other Dance – The basics of dance including picking up a rhythm, count and footwork.
- Open Step /Crossover Step – Simple sport footwork and understanding of direction carry over.
- Pivoting – A great tie in for athletes who way already understand terminology.



Swing Movement Matrix

Movement	Boys Footwork (Lead)	Girls Footwork (Follow)	Lead with the Left hand	Keys and Cues
Basic	Left step Right touch, Right step, left touch, left foot rock back, right step balance.	Right step, Left touch, left step, right touch, right foot rock back, left step balance.	Tilt left, tilt right, push, pull.	"Slow, Slow, Quick, Quick"
Inside Turn	Open step to your left, reverse pivot, rock step.	Crossover step to your left, reverse pivot, rock step.	Lead hand across to opposite shoulder	Stay Close with each partner doing half the turn. Move hip past hip.
Outside Turn	Crossover step to your right, forward pivot, rock step.	Open step to your right, forward pivot, rock step.	Left hand up and out, right hand toss through.	Get out of flipped hand with an immediate inside turn
Guy's Under-arm Turn	Open step to your left, forward pivot, rock step.	Crossover step to your left, forward pivot, rock step.	Lift hand vertical.	Be sure to differentiate the lead between inside turn and guy's turn.
Double Turn	Open step to your left, slight delay, forward pivot, rock step. (guy's turn).	Crossover step to your left, reverse pivot, rock step. (Inside Turn)	Same as inside turn	"She goes, I go"
Waist Wrap	Open step to your left, forward pivot, rock step. (guy's turn).	Crossover step to your left, forward pivot, rock step. (guy's turn).	Right arm over and lead left hand to right hip.	Lead must keep hand at waist level for "thumb wrestler" hookup.
Shoulder Wrap	Open step to your left, forward pivot, rock step. (guy's turn).	Crossover step to your left, forward pivot, rock step. (guy's turn).	Right arm under and lead left hand to your right shoulder.	Lead must keep hand at waist level for "thumb wrestler" hookup.
Slide	Open step to your left ¼ turn reverse pivot, rock step.	Crossover step to your left, ¼ forward pivot, rock step.	Raise each hand overhead and place your left behind your neck, your right hand behind her neck.	Finish in "thumb wrestler."

Simple Hand Pass	Open step to your left, reverse pivot, rock step.	Crossover step to your left, reverse pivot, rock step.	Lead inside turn with right hand, exchange to left hand on second slow.	Stay close.
Behind the Back Hand Pass (2 Basics)	Open step to your left, no pivot balance, rock step. Retreat step, no pivot balance, rock step.	Crossover step to your left, reverse pivot, rock step. Crossover step to your left, reverse pivot, rock step.	Lead inside turn with right hand, exchange behind the back on second slow. Lead inside turn with slight forward pull.	Be patient on steps. Lead is facing away after first Basic.
J Turn	Basic in place.	Step forward with right, reverse pivot into closed with left. Rock step	Pull toward you on first step, draw a backward J or fish hook with left. Position right for "closed" finish.	Must have excellent tension to move with hook.
Kicks (From "Closed" position)	Walk backward 4 steps starting on rocker. Kick with outside foot, inside foot, left foot in front of couple, right foot between partner's legs.	Walk backward 4 steps starting on rocker. Kick with outside foot, inside foot, right foot between partner's legs, left foot behind couple.	Pull left hand down to walk backward, Pull in to turn and finish kicks, push away on rock step.	Back 1,2,3,4, Outside, inside, forward, backward, rock step.
Cool Whip	No real steps, prepare for brakes.	Left foot 360 forward pivot x2, rock step.	Lead with two fingers up around and down, after turn two tuck elbow and push on brakes.	Tension is a must for the finish so girl can stop rotation and rock step.
Sweetheart	Small forward steps for both slow, rock step.	Crossover step to your left, reverse pivot, rock step. (Inside Turn)	Inside turn lead, but do not drop second hand.	Outside turn to return. Can be done to other side as well.

Swing Dance Music Tips

1. Look for music with a swing beat. Does it bounce?
2. Can be fast or slow, no specific BPM
3. Distinct beat is easier for students to pick up.
4. Move music from slow to fast as dancers become more confident.
5. Do not limit yourself, all genres: swing, rock, pop, country.

My Original Playlist

Mack the Knife – Bobby Darin

I Won't Dance – Frank Sinatra

Jailhouse Rock – Elvis Presley

Johnny B. Goode – Chuck Berry

You Never Can Tell – Chuck Berry

I Wanna Be Like You – BBVD

Go Daddy-O –BBVD

Jump Jive and Wail – Brian Setzer Orchestra

Modern Swing Bands

Big Bad Voodoo Daddy (BBVD)

Cherry Poppin' Daddies

Squirrel Nut Zippers

Royal Crown Revue

Brian Setzer

Some Other Ideas

Dean Martin

Frank Sinatra

Elvis Presley

Tony Bennett

Chuck Berry

Johnny Cash

Swinger Soundtrack

Popular Music

Hey Soul Sister – Train

Let it Rock – Kevin Rudolf

Sultans of Swing – Dire Straits

Graceland –Paul Simon

Glamorous – Fergie

Stir It Up – Bob Marley

Billionaire – Travie McCoy

1234 – Faist

I'm Yours – Jason Mraz

Banana Pancakes – Jack Johnson

Disterbia –Rihanna

S+M – Rihanna

Pon De Replay – Rihanna

My Medicine – Snoop Dogg

Idlewild Blue – Outkast

Holiday – Greenday

Tainted Love – Soft Cell

Sugar (Gimme Some) Trick Daddy

Your Mamma Don't Dance- Poison

The Magic Number – De La Soul

