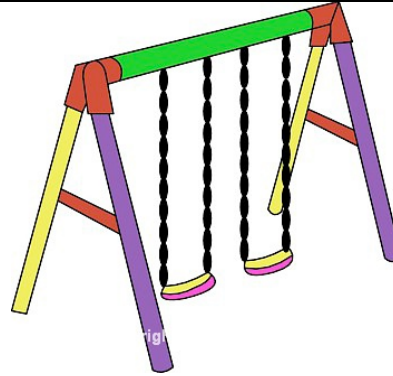


1. West Coast Swing



Music



What do we listen for in the music?

First Major Down Beat.

Down Beat –  
Dance, Step









Bass Drum

Beats 1 & 3  
Boom

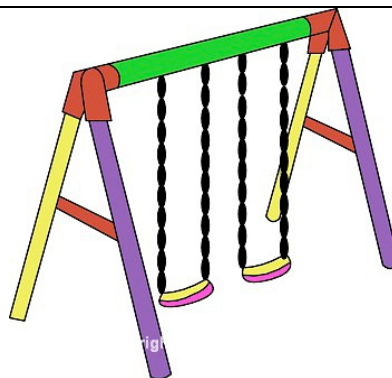
Upbeat

Clap -  
Cymbals

Beats 2 & 4  
Chock

<b>2. Step.</b>	<b>Footwork:</b>	<b>Pattern:</b>		
a) Count	b) Rhythm	c) Women's Variation	d) Music (Bass drum)	e) Music - Timing
One	Walk	Walk	Boom	whole note 
Two	Walk	Walk	Boom	whole note 
Three,	Quick,	Run,	Boom	half note 
And,	Quick,	Run,		half note 
Four	Slow	Run	Boom	whole note 
Five,	Quick,	Anchor,	Boom	half note 
And,	Quick,	In,		half note 
Six	Slow	Place	Boom	whole note 

### 3. Basic Dance Position:



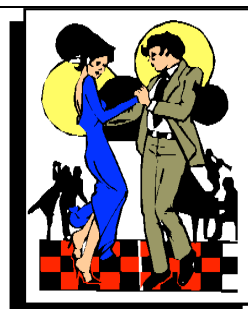
Men,  
palm up

Women,  
Palm Down

Open Position



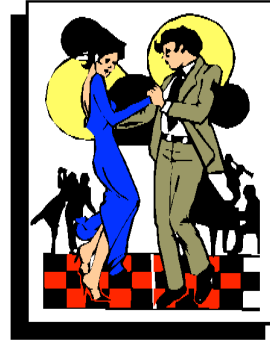
Closed Position



Starter Step

**Closed Position**

# 4. Foot Work



Women's

first walk = right foot.

first triple = right foot.

Natural Opposite



Men's

first walk = left foot.

first triple = left foot.



All Triple Steps are Not Created Equal

Man's first triple = left foot

Women's first triple = right foot

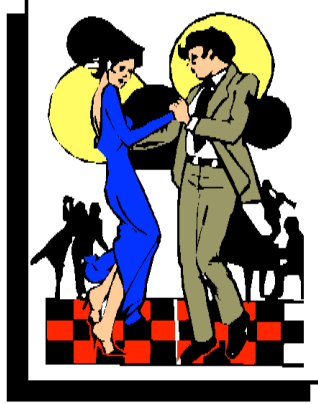
Anchor Step

Settle back into your right hip

Third Foot Position

Reestablish arm tension

## 5. Step Exercises



**Walk Exercise**

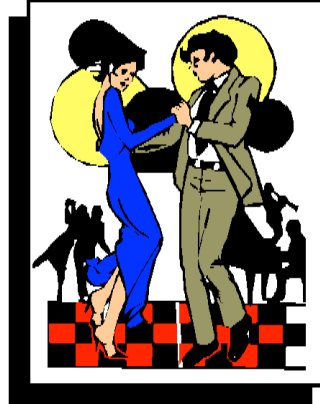
Triple Step Exercise

Overtake Principle

Length of Women's  
steps

Momentum

# 6. The Slot



## Slot

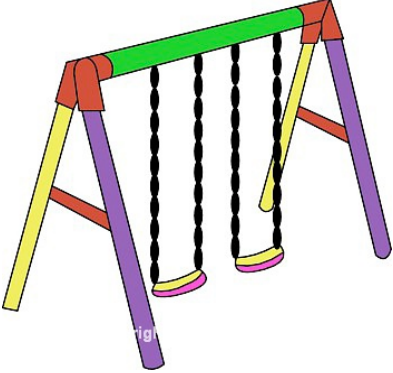










West Coast Swing is a slotted dance.

Slot is like a railroad track.

Women Own the Slot

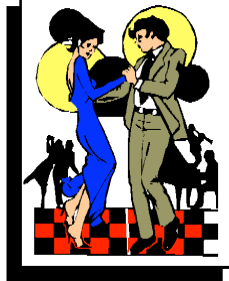
Men get off the slot to let them pass

<p>7. Women's Rules = Pat's Rules</p>	
<p>1) Wait for the Lead (the walk, walk lead)</p>	<p>Walk, walk Triple Anchor step, pause</p>
<p>2) Dance to the end of the Slot</p>	<p>Settle back into left hip Reestablish arm tension</p>
<p>3) Flashlight</p> <p>Women = Follow Your Hand.</p> <p>Keep Your nose and belly button pointed toward your hand</p>	

<p><b>8. Arm Tension Theory</b></p> <p>Equal but Opposite</p> <p>Arm Tension</p>		
<p style="text-align: center;"></p>	<p style="text-align: center;"></p>	
<p>Equal but Opposite</p>	<p>Same for every form of dance</p>	
<p>Frame</p>	 <p style="font-size: small; text-align: center;">ClipartOf.com/225781</p>	
<p>Body Leads</p>		
<p>How do we move?</p>	<p>Without Arm Tension</p>	<p>Visual</p> <p>Synchronized Swimming</p>
<p>Arm tension is how we move as a unit</p>	<p>With Arm tension</p>	<p>By Feel</p>



# 9. Arm Tension Exercises



**Open Position**

Patty Cake

Forward

Back

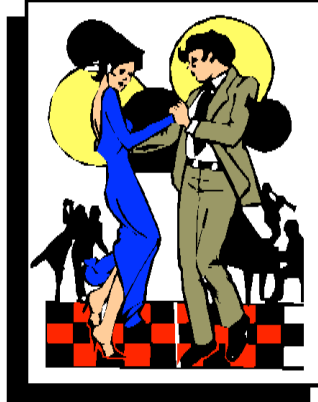
**Closed Position**

Billowed Sail

Maintain  
Connection



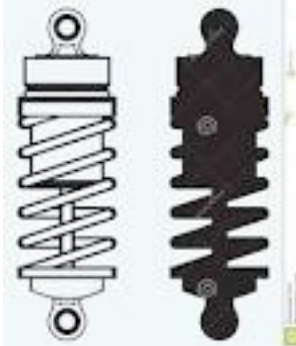
# 10. Leverage & Compression



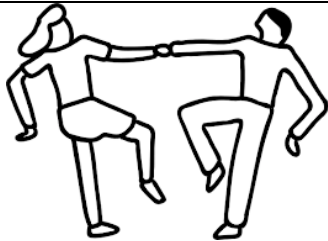
**Compression**



**Lean forward onto your toes**



**Leverage**



**Stretch back onto your heels**



**Leverage & Compression Exercise**

**V & A**