


5.	Sir Issac Newton Teaches West Coast Swing	
	Newton's Laws of Motion	West Coast Swing Application
1	<p>An object at rest stays at rest.</p> <p>The Principle of inertia</p>	<p>Wait for the Walk, Walk lead</p> <p>Pause after each basic step package</p>
2	<p>An Object in Motion Stays in Motion</p> <p>The Principle of Momentum</p>	<p>If you start in a direction, keep going in that same direction until redirected or stopped</p>
3	<p>For Every action, there is an equal but opposite reaction</p>	<p>The principle of arm tension</p>