

BUG

(United States, transplanted to Sweden)

A 4-count swing also known as Street Swing, Country Swing, Hustle, Pony and other names. Researched by Richard Powers.

CASSETTE: Anything: swing, country/western, blues, disco, alternative rock, lounge, techno, etc.

METER: 4/4

TEMPO: Very flexible, anywhere between 110 and 150 bpm.

FORMATION: Couples in closed Ballroom position.

DANCE:

BASIC STEP:

In closed promenade position (standing side-by-side, both facing the same direction) the man steps fwd L, rocks back onto his R, steps backward L, rocks onto his R again. Woman steps opposite. These are the same four steps as in the basic 6-count single Lindy, but done on even Q.Q.Q.Q. timing.

TURNING BASIC:

The basic step turning CW (or CCW) almost as a waltz.

LADY'S UNDERARM TURN:

The basic break: She does a half-turn clockwise under his raised L arm, to swing-out Position. Reverse the path (CCW turn) to return the lady to closed position.

LOOP TURNS:

¥ As he leads her to return, he arches his L hand and arm over her head in a loopy CCW circle and backs up into her initial place.

¥ He may also lead with his R hand (see Waist Slide below) holding her R hand. In this case, he can revert to his L hand by turning his back to her (turning left) and placing her R hand into his L behind his back. He may then lead her into a Loop Turn past his left side (she turns CCW again).

MAN'S UNDERARM TURN:

From swing-out position, the man leads the lady fwd past his R side, raising his L hand high, as he goes forward under his own L hand, turning CCW, exchanging places.

WAIST SLICE:

He begins to lead her past his R side then lowers his L hand and walks fwd turning to his left, breaking through the handhold. She remains in contact with him by trailing her fingers around his waist. He can then catch her either with his usual L hand, or he may offer his R hand instead.

BUTTERFLY:

Drop back to take both hands opened, facing partner, and walk diagonal-L fwd past partner, raising arms out to the sides, closely brushing by partner while crossing over and falling back to the other side. Footwork is the same as the turning basic.

DISHRAG:

The same as the Loop Turn above, but with the two-hand hold. Make sure that both of your hands are closed together (overlapping) during the move. May be done to either side.

CUDDLE (CRADLE):

A Loop Turn from two-hand Position: he raises his L leading hand, lowering his R, and turns her CCW so that she backs into his R arm. He doesn't release his R handhold.

2-HAND LOOP TURN:

Same as a Loop Turn but begin w/ a two-hand hold. The man keeps his R hand low. In passing through, the woman breaks through his low R handhold, similar to a Waist Slide breakthrough.

2-HAND WAIST SLIDE:

Same as a Waist Slide but begin with a two-hand hold. The man raises his R hand, with which he leads her to walk forward behind his back. His R hand loops over his own head.

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