

SWING

Rhythm: S S Q Q S

Meter: 4/4 A syncopated Fox Trot

Basic: Single Lindy: S S Q Q
 left to side right to side rock step
 L R L R

lead: On rock, push partner with left hand

Triple Lindy: Step together step; step together step; Rock step
(New Yorker) L R L R L R L R

lead: Increase tension with right hand
The step, together, step is called the triple.

Dig: Toe touch behind heel Toe touch behind heel Rock Step
 R L L R L R

Western: A combination of one dig and one triple
 Toe touch behind heel step together step Rock step
 S Q & Q Q Q

SIDE THROW OUT: Man- Western basic, lead indication on rock, on the dig part of the Western, the man leads girl across in front with left hand. On the triple lindy part they are in open position or Boogie Woogie, and on the rock he pulls her back into closed position.

Lady- Does a Triple lindy as the man pulls her across to his other side (at this point the man is also doing a triple lindy) walk right, walk left back to closed position, while man is doing rock, step.

UNDERARM TURN: Man- Western basic, lead indication on right hand on rock, on Dig lift left arm and push her with the heel of the right hand. Pull her in with the left hand into the closed position on the rock step.

Lady- Triple lindy basic. On the first triple the lady turns under the man's leg arm with a clockwise turn. On the second triple, she stays out in place and does a triple, and as the man pulls her in she does a walk right, and walk left to closed position.

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**DOUBLE UNDERARM
TURN:**

Triple lindy basic. As the lady turns under the left arm of the man, the man also turns under the arch that he and his partner have formed. The man turns counterclockwise. He pulls her toward him into closed position as he does the rock step.

SUGAR PUSH:

Lead from a rock step into a double hand hold position and uses the Western basic. Touch step (dig) with a double hand hold, then drop right hand into a break position and do the triple step and on the rock step bring the lady back into a double hand hold position to repeat the step or back to a closed position to continue into another step. Use arm resistance on the Dig with the partner.

**SINGLE UNDERARM
TURN:**

The same as a single underarm turn but instead of returning to closed position on the rock step portion of the step the partners walk to exchange the positions they had during the second triple.

ROW STEP:

From a double arm hold use the dig step basic using arm resistance and move clockwise slightly on each initiation of the step.

**WALK AROUND IN
BOOGIE WOOGIE OR
JITTERBUG POS.:**

Boogie Woogie position is a single hand hold position with the man's left and the lady's right arms distance apart. Any basic can be use and on the rock step part the partners instead take two walking steps exchanging positions on the floor so that they are rotating counterclockwise.

TUCK IN TURN:

Man- with his right hand on lady's shoulder blade rotates the lady in so that her right side is facing the center of his body. From this position he unwinds her by rotating her clockwise with his right hand and lifting his left so she goes under his left arm. Then on the rock step, he pulls her back into closed position or keeps her in the open break position. The timing is difficult. The man does a Western and must tuck and turn her on the slow beat or dig part of the Western. On the triple the two are in place in break position. (boogie woogie)

Lady- Turns in toward the man on the slow beat with her right foot, rotates under the man's left arm, does a triple on the triple part of the western and either stays in this position or walks into closed position depending on her partners lead.