

Swing Dance

Peer Teaching: November 25th, 2001

Brad and Mike

Introduction:

History: Swing is a dance style that developed alongside its own style of jazz music in the 1920-50s. It is based on a 4 count beat.

Steps:

Basic: each step follows a slow slow quick quick pattern.

Boys: step side left, step side right, rock step (diagonal back left, step with right).

Girls: step side right, step side left, rock step (diagonal back right, step with left).

Forward basic: similar to basic follows the slow slow quick quick pattern.

Boys: Step forward left, in place right, (rock step) back left, in place right.

Girls: Step forward right, in place left, (rock step) back right, in place left.

Basic double twirl: following the same timing of the basic step(4-count)

Boys: lead the turn by pulling their left hand up just before the rock step and "polish her halo" first turning the girl in then out and ending on the rock step.

Girls: after they get the lead turn out then back in ending on the rock step (keeping time with the four counts will help this).

Cuddle (Conversation) step:

Boys: lead by pulling his left hand across and around the girl's body so she is standing beside him; now change to the basic forward step.

Girls: as the boy leads into the turn, pivot on the left foot and shift into the forward basic step.

Back to back turn:

Boys: line up shoulders with partner's (back to back; this ensures safety for both parties) then moves both right and left arm over their heads.

Step pattern: Step with left (turn backwards) step with right (turn back to forewords) end on the rock step.

Girls: follow the boy's lead, and be sure to end on the rock step to keep on rhythm.

Step pattern: Step with right (turn backwards) step with left (turn back to forewords) end on the rock step.

Double turn:

Boys: pull hands apart, and then switch hands to a cross hand hold only holding on with right hand. Turn the girl behind (while turning yourself) and pass her hand behind your back. Turn the girl once more to get back to basic position.

Girls: following boys lead; keep four counts for each turn. Ensure ending on a rock step.

Step and slide: happens within 8 counts.

Boys: pull girls down towards the floor, once she is “ready” in a sitting position, step over her head with right foot (this will have her behind, while still holding hands). Then bend knees slightly and pull girl out to the front, while helping her up twist her back around to end in a basic facing position.

Girls: follow the boys lead when going down, sit on floor, when pulled “scoot” along floor through the boys legs and stand up and turn to face your partner.

Kick basic:

Boys: kick back kick step (with right foot) kick back kick step (with left foot).

Girls: kick back kick step (with left foot) kick back kick step (with right foot).

Teaching Progression:

- Begin with a demonstration dance which includes all the steps to be taught.
- Teach basic and forward basic step with genders separated.
- Teach the turn with genders separated.
- Get group to form couples and teach the basic double twirl.
- Teach the cuddle step with partners.
- Free dance: dance to music incorporating steps taught so far. – 1 minute
- Teach back to back turn with partners.
- Teach double turn with partners.
- Free dance: dance to music incorporating steps taught so far. – 1.5 minutes
- Teach step and slide with partners.
- Free dance: dance to music incorporating all steps.

Time permitting: teach basic kick step & incorporate into free dancing

Teaching cues:

- Mike: Teach the male part for each step.
- Brad: teach female parts for each step.
- Check on all members of the group for understanding when they are practicing each step.
- During free dance move around to ensure full understanding by all.
- Have partners switch often