

Beginner Class: Basic West Coast Swing Patterns

The lessons build and each lesson contains a review. A lesson is essentially the same regardless of the instructor.

- Lesson 1: First learn the basic rhythm while in place. Patterns taught: Sugar push and underarm pass. Learn hand hold, how to move your feet, and to execute the proper footwork with rhythm.
- Lesson 2: Review. Patterns: Left Side Pass and Closed Basic.
- Lesson 3: Review. Learn the triple step exercise. Pattern: Side Tuck.
- Lesson 4: Review. Pattern: Basket Whip. Learn more on connection.
- Lesson 5: Review. Pattern: Basic Whip.
- Lesson 6: Review and practice.

Extended Beginner Class: Extended Basics

Week 1: Side Pass Variation

(Review – Left and Right side passes)

- Left side pass with hand change
- Left side pass with inside underarm turn
- Left side pass with inside underarm turn with hand change
- Left side pass with arm fold
- Left side pass with arm fold and hand change
- Left side pass from handshake position to arm fold (optional hand change)
- Right side pass (underarm pass) with hand change
- Underarm pass with man's turn

Week 2: Tuck Variations

(Review: Sugar push & Tuck)

- Sugar tuck
- Tuck with right hand into underarm turn
- Tuck with right hand into underarm turn with walk walk and free spin
- Tuck with right hand into underarm turn and free spin ending

Week 3: Starter Step Variations

(Review: Triple Step Exercise & (optional) Side Tap Exercise, Left side pass with inside underarm turn, Tuck)

- Closed basic to inside underarm turn
- Closed basic to tuck release
- REVIEW Side pass and Tuck Variations

(Week 1 & 2)

Week 4: Whip Variations

(Review: Basic Whip and Right side Pass)

- Whip with inside turn
- Whip with Single outside turn

- Whip with Double outside turn
- Pickup whip with Whip ending
- Pickup whip to closed with tuck at first, do again with roll out

Week 5: Basket (Locked Whip) Variations

(Review: Basic Basket and Tuck)

- Basket whip with Single outside turn
- Basket whip with Double outside turn
- Basket whip with Roll out to walk walk and free spin
- Basket whip with Roll out with free spin
- Tuck to Both hands overhead into Neck Basket whip to outside underarm turn

Week 6: REVIEW: Whip and Basket Variations (Week 5 & 6)

If time permits, review Side pass, Tuck and Starter step Variations (Week 1, 2, 3)

Beyond the Basics:

- Wrap Movements
- Cape Movements
- Fold Movements
- Whip Variations