

Introductory Swing

Swing	Line of Dance	Rotation	Footwork
Figure 1	Basic 10 - Open	Basic 10 - Closed	Basic 8 Count - KickUps
Figure 2	Left/Right Side Lead	Frame & Hold	Basic Lindy Kicks
Figure 3	Sugar Push	ACW Rotation	Grounding, Hip Roll
Figure 4	Open Change of Place	CW Rotation	Compression & Lift
Figure 5	Link - Change LOD	Body Position & Pressure	Suzie Qs etc.

