

SWING

“Swing,” the general term for dances such as the Jitterbug, Lindy, Jive, and Rock ‘n’ Roll, is danced to Fox Trot-type rhythms. When the syncopations are added, the music takes on a new, more animated personality from that of the evenly marked, regular beats and is irresistible to a good dancer. Swing lends itself to varied interpretation. The syncopated beat will give life to your footwork, and the patterns will improve your balance and coordination. The patterns involve three short steps, with quick weight changes, done to two beats of music, which give the dance its syncopation. This timing is referred to as Triple Swing. The Lindy-Swing, originally called the Lindy Hop, is a Swing form named for Charles Lindbergh.

MAN'S PART: With a shuffling motion and *taking small steps*, step to left side with left foot, bring right foot to meet left, and step to left side again with left foot. Repeat this movement to the right, starting with right foot. Then step back with left

foot (a small step) and step in place on right. This is called a rock step. The count for this pattern is 1-2-3, 1-2-3, 1-2 (equal to slow, slow, quick, quick). Another way to count this is side-together-side, side-together-side, rock step.

WOMAN'S PART: Her steps are directly opposite to the man's, first stepping to the right, then left, but when the man steps back (with his left foot), she also steps back (with her right foot).

After mastering the Basic Swing in place, dance it turning right, gradually, on every shuffling step but not on the rock steps. For fast tempos, the step patterns are the same as above, but because of the speed of the music the shuffling footwork is eliminated. You would now take one step to two beats of music, still following the Fox Trot timing (slow, slow, quick, quick). (The steps would be side, side, rock step.) The rock step still takes the same amount of music as before. This timing is referred to as Single Swing.