

## EAST COAST SWING

The Swing evolved out of Jazz styles from Pre WWII. Known as Jitterbug and Boogie-Woogie in it's early days, it was a wild dance for the young before being tamed into Jive or American Swing in the later 1940's. An ideal dance for the Big Band sounds, it still remains popular, though it lost some ground to the Twist and Rock and Roll styles of the late 50's and 60's. With the arrival of the West Coast Swing in the 1980's, it has taken on the name of Eastern Swing or East Coast Swing to differentiate it. (West Coast Swing is performed in a slot or groove, forward and back, to faster music, with a tempo of Slow, Slow, Quick, Quick, Slow, Quick, Quick, Slow, using intricate steps.)

**Rhythm:** 4/4 Triple:  $\begin{matrix} & \& a & 1 & & \& a & 2 & & 3 & 4 \\ 3 & \text{quick} & \text{steps}, & 3 & \text{quick} & \text{steps} & \text{rock} & \text{back} \end{matrix}$   
 $\begin{matrix} & 1 & \& & 2 & \& & 3 & 4 \\ \text{Double:} & \text{step} & \text{touch}, & \text{step} & \text{touch.} & \text{rock} & \text{back} \end{matrix}$   
 $\begin{matrix} & 1 & 2 & 3 & 4 \\ \text{Less common Single:} & \text{step}, & \text{step} & \text{rock} & \text{back} \end{matrix}$

**Style:** Swing requires a relaxed, easy, bent knees posture. While the dance usually starts in the Closed Position, a two handed or one-handed style is also accepted. Virtually every step in all three rhythms will end with the classic rock back.

Unlike the Smooth Dances, Swing does not move in the LOD, but couples cover the dance floor.

**Triple Basic:** Leader steps L to L side, R together, step L; Step R on R, together with L, step R; Step back with L foot, rock weight onto R foot forward. Follower steps RLR to R side, LRL, step back R, rock forward L.

**Double Rhythm:** Leader steps L to L side, touch R together without weight, step R touch L together without weight, rock back (LR). Follower uses opposite feet, stepping to R to be even with partner. Another variation of this is: Leader taps L foot to L step L, tap R step R, rock back. Follower taps R to R, step R, tap L step L, rock back.

**Release:** In closed position, leader moves around follower on first triple. On 2nd set of triples, he releases her to hold both hands. To resume a closed position, the leader moves in on first set of triples.

Variations:

1. **Underarm Turn Right** (Outside Turn): Leader raises L hand and guides follower under, continuing triple basic while follower turns. R under the arms with 2 forward sets of triples, to face partner on rock back. This can also be done with partners almost changing places while follower turns.

2. **Underarm Turn Left (Inside Turn):** Same as Underarm turn Right except follower is guided to her L to turn. This variation is often preceded by an Underarm Turn Right.
3. **Alternate Underarm Turns:** Follower does Underarm Turn Left (inside) on 1st measure, with leader's hand wrapping around follower's waist. Then the leader does an inside L Underarm Turn with follower's arm wrapping leader's waist on 2nd measure.
4. **Back Pass:** Leader drops L hand, changes hands to hold only follower's R in his R, which travels around the back of the leader's waist. Usual triple foot work, leader turns and finishes with follower's inside (L) underarm turn, leader catches her hand to resume basic. An alternate variation is the leader uses a 1 hand hold (his L, follower's R) placing her R hand on his stomach, as he turns L, end with inside UAT.
5. **Pretzel or Arm Slide:** Start with 1 triple basic holding hands, partners lift hands behind necks on the diagonal for triple steps, release hands sliding into one hand hold for rock back. Leader moves in to resume basic step.
6. **Push Step:** Leader steps diagonally across R foot with his L, steps across L foot with R foot, and usual rock back (L, R.) Can be done in single or triple rhythm. Follower crosses L foot with R, R foot with L, rock back. The lead is with the hands held upright, pressure applied to the diagonal.
7. **Sweetheart:** Use follower's inside turn to assume cuddle position. Partners stand side by side with 2 hands held, follower's arms are crossed in front. Using triple steps, alternate sides. Use Follower's outside turn to get out of variation.
8. **Butterfly:** Uses basic hammer lock position, or back to back slide. Leader lifts arm over his head, ducks under own arm, rock back. Get into and out of Butterfly with a follower's outside turn.
9. **Peek A Boo:** From a follower's outside underarm turn, leader changes hands to join his R to follower's R hand. Join L hands above R hands, using R hands to pull the follower to leader's R side. Alternate sides peeking under "window". Get out of variation when the leader's R hand is on top, by swinging into a follower's underarm outside turn, with leader changing both hands to hold follower's R hand with his L, L with his R.
10. **Varsouviennne** AKA Shadow: Use outside follower's turn with leader changing hands as in Peek a Boo, turning follower into Shadow position. Alternate follower to L and R side. The follower must do a fast turn, in some cases a double turn almost in place to move side and side. Use follower's underarm outside turn to get out of this pattern.
11. **Dish Rag:** Keeping hands joined throughout, both partners turn under joined leader's L, follower's R arms. Men turn 360 degrees to L, ladies to R, until facing each other. Turn is completed in one triple step.