

LINDY HOP CLASSES



WEEK ONE - Lindy Hop

SWING OUT FROM OPEN-
REVERSE

SWING OUT WITH AN INSIDE TURN – do loop turn on 6
SWING OUT WITH AN OUTSIDE TURN- do arch turn on 6

WEEK TWO - Lindy Hop

SHIM SHAM- Remember it starts on 8

WEEK THREE

LINDY CIRCLE - when get to 4, don't release hand on back and spin around in circle

SWING OUT FROM CLOSED
REVERSE WITH INSIDE TURN
REVERSE WITH OUTSIDE TURN
DOUBLE LOOP TURN (8 COUNT)

WEEK FOUR – Lindy Hop

TWISTER
TEXAS TOMMY
TEXAS TOMMY TO SKATERS WITH WHIP
TEXAS TOMMY TO CLOSED POSITION
GUY FREE SPIN ON COUNT 5

WEEK FIVE – Lindy Hop

Options

SIDE BY SIDE CHARLESTON
FACE TO FACE CHARLESTON
TANDEM CHARLESTON
TRAVELING CHARLESTON
360 CHARLESTON
KICK BACKS

S-DROP
THROW

BREAK – OUTSIDE TURN
BREAK – TUCK TURN