

LEARN TO SWING

The logo for Harmon DanceWorks and DJ features the name 'Harmon' in a large, blue, cursive font with a red shadow. Below it, 'DanceWorks and DJ' is written in a smaller, green, sans-serif font. To the left of the text are three horizontal bars in red, white, and blue.

Swing

WEEK ONE

THE BASIC – The basic is the start position...side....side...rock step

CLOSE TURNS – Step to one side of your partner

ARCH TURNS – Turn the girl to the outside and under the arch

LOOP TURNS – Turn the girl to the inside

CLOSED POSITION – Closed stance

FREE SPINS - Let go of each other and spin the same direction

WEEK TWO

CUDDLE– Loop turn without letting go of hands. Girl ends up right next to guy.

SHE TURNS, HE TURNS - Loop turn, then guys sneaks under his own arm

FREE SPINS TO CROSSHAND

FINAL DIP – End of Dance. Make sure guys leg in set behind lady

WEEK THREE

DOUBLE HAND TURN – Just like the arch and loop turn, but don't let go of either hand

UNDER THE LEG – Girl squats down, man swings right leg over head, and pull lady through legs, she turns to left

CROSSHAND TRAVELING 360

CROSSHAND TRAVELING 360 WITH ARCH

REACH TURNS – Guy puts gals right hand behind her back and then grabs her hand with guys right hand

WEEK FOUR

CHARLESTON – Skin the cat to rock step, then step kick, back down, step kick, back down

REVERSE CUDDLE

OPTIONAL – AERIALS ON THE MATS

BACK FLIP - start with loop turn to guys right...lady keep left arm in front on guys arm

SIDE FLIP – skin the cat, reach over top, bounce in for hand check, bounce out, under mans right arm

WEEK FIVE

THE ROCKET - closed position, lady jumps to cradle position

CRAZY KNEES

BIG DIP – Double hand turn and lower the lady to the ground. Lady's chest is even with man's leg.

TORNADO DROP – skin the cat...lady turns to left and puts hand behind back...keep going until facing opposite directions....lady lean or jump onto guys right leg