

**SWING CLASS STEPLISTS**

**RULES:**

1. NOBODY gets hurt (physically or emotionally)
2. EVERYBODY has fun.

Please note that the syllabus may change from time to time based upon the needs and interests of the students and the whims of the instructor(s). Most students need about 3-4 REPEAT CLASSES to start to become comfortable with the material and to start implementing proper techniques. Repeating classes are not a sign of failure to learn, but a sign of dedication to learning. The step lists are merely an aid to remembering what you are learning in class. Repeat, Repeat, Repeat, your classes—Repeats are FREE.

**West Coast Swing**

6-Count Patterns

1. Right Side Pass (either w/ hand up or hand at waist)
2. Left Side Pass (either w/ hand up or hand at waist)
3. Sugar Push

Whips (8-Count Patterns)

1. Basket Whip
2. Basic Whip
3. Basic Whip with Inside Turn
4. Basic Whip with Outside Turn
5. Arm Behind Whip (aka Texas Tommy)

**East Coast Swing (Double Rhythm)**

1. Basic in Closed Position
2. Tuck Turn
3. Basic in Open Position
4. Sugar Push
5. Pass
6. Double Under Arm Turn
7. Baskets (right, left, right, out)
8. Windmill (turning sugar push)
9. Arm Slide and Free Spin
10. Belly Roll or Neck Roll

**Most Common Swing Rhythm Patterns for  
East Coast, West Coast and Lindy Hop**

**Common Swing Step Options**

Beat 1	Beat 2	Terminologies
1 —	2 —	Rock, Step (5,6 – East Coast) Walk, Walk (1, 2-West Coast)
1 —	2 <i>Hold</i>	Step- <i>Hold</i>
1 <i>Hold</i>	2 —	<i>Hold</i> -Step “Delayed Step”, Tap-Step, or Kick-Step
1 & ● ●	2 —	Triple Step 1&2 or 3&4 or 5&6 or 7&8

Most Common East Coast Options								
Beats of Music	1 (&)	2	3 (&)	4	5 (&)	6	7 (&)	8
<i>Single Rhythm</i>	—		—		●	●		
<b>Double Rhythm</b>		—		—	●	●		
<i>Triple Rhythm</i>	● ●	—	● ●	—	—	—		
<i>8 Beat Lindy</i>	● ●	—	—	—	● ●	—	—	—

Most Common West Coast Options								
Beats of Music	1	2	3 (&)	4	5 (&)	6	7 (&)	8
<b>6-Count Patterns</b>	—	—	● ●	—	● ●	—		
<b>Common Variation</b>	—	—	<i>Tap</i>	—	● ●	—		
<b>Whips (8 Beats)</b>	—	—	● ●	—	—	—	● ●	—
<b>Lindy Hop (Same as Whip)</b>	—	—	● ●	—	—	—	● ●	—

1-2	3-4	5-6	7-8
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**Most Common East Coast Swing**

<i>Single Rhythm</i>	<i>Step-Hold</i>	<i>Step-Hold</i>	<i>Rock, Step</i>
<b>Double Rhythm</b>	<b>Hold-Step</b>	<b>Hold-Step</b>	<b>Rock, Step</b>
<i>Triple Rhythm</i>	<i>Triple Step</i>	<i>Triple Step</i>	<i>Rock, Step</i>
<i>8 Beat Lindy</i>	<i>Triple Step</i>	<i>Walk, Walk</i>	<i>Triple Step</i>
			<i>Rock, Step</i>

**Most Common West Coast Swing**

<b>6 Count Patterns</b>	<b>Walk, Walk</b>	<b>Triple Step</b>	<b>Triple Step</b>	
<b>Common Variation</b>	<b>Walk, Walk</b>	<b>Tap- Step</b>	<b>Triple Step</b>	
<b>Whips (8 Counts)</b>	<b>Walk, Walk</b>	<b>Triple Step</b>	<b>Walk, Walk</b>	<b>Triple Step</b>
<b>Lindy Hop</b>				
Swing –Out Variations	Walk, Walk	Triple Step	Walk, Walk	Triple Step