

# West Coast Swing Classes at Cal Tech

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L = Left, R = Right

## PRINCIPLES:

Always remember your **CONNECTION**. "Leverage" and "Compression".  
Connection can come from either hand or from other parts of your body.  
Pick up a second connection point before releasing the first.  
The follower owns the **SLOT**.  
Band-aid principle: The follower moves up-n-down the bandage, the leader steps across the pad.  
**INTREPRET THE MUSIC**. When the music slows down, so do you. Hit **BREAKS**.  
Play with **TIMING**.  
Look at your partner, not the floor.  
Smile.

## TIMING

Basic 6 count patterns are 1 2 3&4 5&6  
Basic 8 count patterns are 1 2 3&4 5 6 7&8  
An infinite number of "syncopations" are possible. We did a few in class.

## PATTERNS:

### 6 count "**Tuck Turn**"

Starting from closed position (a good start to a dance)  
Starting from open position  
The "tuck" can come from  
1) Leader's L hand compressing follower's R hand  
2) Leader's R hand on compressing follower's L shoulder blade

### 6 count "**Sugar pushes**"

Basic Sugar Push (using L, R, or both hands)  
Sugar push to tuck turn  
Variation where woman pushes off man's R hip  
Behind the back sugar push

### 8 count **Whips** (mix-n-match a entrance & exit)

Whip entrances  
Basic  
Inside turn  
Man's R hand to Woman's R hand starting position  
Texas Tommy (AKA "hammerlock")  
Cuddle (AKA "basket")  
Whip exits  
Basic  
Inside turn  
Partial inside turn with catch in "shadow" position  
Single outside turn  
Double outside turn  
Syncopated exit with leader's foot sweep (5&6 7 8)  
Exit to closed position on 5&6 (Followed by a 6 count Tuck Turn to get back to open position)

### 6 count R side **Underarm Turn**

Basic  
Syncopated (1 2 &3 &4 5 6)  
Leader's R to Followers L

### 6 count counter-clockwise **Rolls**

Basic  
Led with leader's R hand to follower's R hand  
Variation without the leader turning around (followed by a behind the back sugar push)

## Breaks

On 1: Single count tuck  
On 3: L side lounge with either or both hands (Multiple exits include: tuck turn, under arm turn, to "shadow" position)  
On 5: 4 count Whip entrance, slide to R on 5  
On 7: 4 count Whip entrance, 2 count pivot, slide to R on 7  
On 7: 4 count Whip entrance, 3 count partial inside turn to "shadow" position

Endings: "pseudo-dip", real dip, "shadow" position, lounge, closed position.