



West Coast Swing Survival Sheet

Hello and welcome to **Audacity Dance** West Coast Swing!

Our mission is to bring the joy of West Coast Swing to Canberra by bringing you the best in local and interstate teachers. Our goals are to create a West Coast Swing dance community in Canberra; support local community events; and provide quality, value for money tuition.

If you are new to West Coast Swing, this survival sheet aims to cover off a number of fundamentals.

Starting out

- Wear comfortable clothing and shoes with a leather or suede sole - the more flexible the shoe, the better.
- Our classes are rotational – you don't need to bring a partner.
- We run four terms a year that parallel the school year.
- There are three simple concepts in WCS – the *Push*, *Pass* and *Whip*. The foundation 'moves' in our beginner series (see over leaf) are based on these three concepts. Executing these moves successfully qualifies you to progress to the Continuing level where we teach enhanced and intermediate level concepts.
- It will take you a good six to eight weeks to be comfortable with the concepts of West Coast Swing and twelve weeks to progress to the next level of the dance. So hang in there! You will love it and be a better dancer for having learnt the concepts.

Accelerated learning

Plenty of workshops will be held to accelerate your West Coast Swing. These include beginner to continuing level transition, style, technique, and guest instructor workshops to name a few. Listen for announcements in class or check out our newsletter and website www.audacitydance.com.au

Have fun!!

Dancing is about having fun, fun, and more fun! Our first, middle and last objective is to make your dance experience enjoyable. If you experience any troubles, tell us early and often.



Audacity Dance



Basic West Coast Swing moves based on the Push, Pass and Whip concepts

Move Name	Enter your own description
1 Four Beat Starter Step	
2 Left Side Pass	
3 Underarm Pass	
4 Underarm Pass with Hand Change	
5 Slingshot Throw-out	
6 Basic Tuck	
7 Two handed Tuck	
8 Push Break	
9 Lazy Man Tuck	
10 Release Whip	
11 Whip with outside turn	
12 Whip with inside turn	
13 Whip to closed	

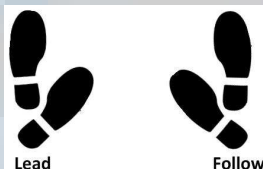


Audacity Dance



West Coast Swing Concepts

You will hear the following concepts mentioned several times during classes and workshops.

Concept	Description
Frame	<p>The position the body is held in whilst dancing. Frame needs to be maintained throughout the dance to ensure good connection between the lead and the follow.</p> <p>When your frame is set it means that you are standing tall, core is engaged, shoulders are back and down, and your back muscles are engaged.</p>
Lead/Follow	<p>WCS is a partner dancer. This means there will be a lead dancer and a dancer that follows.</p> <p>The lead determines the direction and moves executed during the dance. The follow responds to the directions offered by the lead through the connection between both dancers.</p>
Connection	<p>Connection permits the transference of energy from lead to follow (and vice versa).</p> <p>When there is connection between the lead and follow, both dancers can move as one.</p>
3 rd foot position	<p>The starting and finishing position of the dancer's feet for all basic moves.</p> <div style="text-align: center;">  </div>
Anchor/Settle	The starting and finishing state for both dancer's for all basic moves.
Rolling the feet	<p>How a step is taken in WCS.</p> <p>When dancing the feet should not be placed flat on the floor (stomping or marching). Rolling the feet into the floor gives dancers a smooth flight as though they are gliding across the floor.</p>
Double rhythm	A rhythm used in *WCS footwork - 2 steps (weight changes) taken in 2 beats.
Triple "Step"	<p>A rhythm used in WCS footwork - 3 steps taken in 2 beats.</p> <p>*WCS requires the dancer to triple step (transfer weight three times within two beats of the music) in most patterns. For example, 1, 2, 3-and-a-4,-5-and-a-6. The '3-and-a-4' and the '5-and-a-6' represent triple steps.</p>



Audacity Dance



Slot	The line upon which the lead and follow dance. WCS is a linear dance. The follow travels up and down the slot . The leader dances on the slot and on either side of the slot to allow the partner to pass.
Rolling count	The rolling count is verbalised as “a-1-and-a-2-and-a-3-and-a-4-and-a-5-and-a-6-and-a-7-and-a-8”. The rolling count is a great technique for adding swing to your dance.

West Coast Swing ‘Patterns’

WCS consists of a four beat ‘Starter’ pattern to commence the dance and three basic patterns for the ‘body’ of the dance – two 6 count patterns and one 8 count pattern. These basic patterns form the basis of all WCS moves. Depending on the move these patterns will vary slightly, however the fundamentals remain the same.

Lead	Follow
Starter (4)	Starter (4)
Pass (6)	Pass (6)
Push (6)	Push (6)
Whip (8)	Whip (8)

West Coast Swing Music

Originally a style of dance that was danced to blues music, WCS has evolved so that it can now be danced to a range of music genres – blues, contemporary, pop, country and more. Basically, any music that is 4/4 timing and is 80 – 130 beats per minute.

We recommend that you try dancing WCS to all genres of music. Depending on your individual style and rhythm you will find that, although you can dance to all genres, you will favour one.