

Shut Up and *Dance!*

Mark Smith and Sheri Harris

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BRONZE Series: West Coast Swing

Required Prerequisites To Enroll in Level 2:

KNOWLEDGE:

Timing: 6-count basic

- 1, 2, 3&4. 5&6 OR
- Walk, Walk, Triple step, Triple step

Note: Doing a tap or “touch” step in place of “3&4” triple step is an accepted variation, but is not recommended as the best basic timing.

Slot Positioning:

- Ladies slot: vertical (sometimes referred to as a track or railroad track)
- Men’s slot: horizontal (moves in and out of Lady’s slot. (sometimes called “slot” and “rail”))

Connection:

- Stretch (settling your core/center slightly BACK) All patterns begin and end in Stretch.
- Compression (settling your core/center slightly FORWARD)

Travel and Movement:

- Woman responsible for most traveling
 - Woman should pass their feet on 3&4
- Woman basic footwork for sugar push
 - Basic together vs. styled lock (count 3&)
- Men should minimize/eliminate most traveling
 - Men should not travel on either the “3” or the “&”
- Anchor steps (5&6) should not travel at all

SKILLS:

Three basic 6-count patterns:

- Underarm pass/turn (also called the Right Side Pass)
- Left side pass
- Push break (also called the sugar push)
 - Basic footwork with feet together (Locks are not basic)

NOTE: You don’t have to dance above patterns perfectly as you are still at beginner stages, but you must be able to dance/demonstrate them with some familiarity/ability.

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BRONZE Series: West Coast Swing

Required Prerequisites To Enroll in Level 3

All Knowledge and skills from Bronze Level 1 PLUS:

KNOWLEDGE:

Timing: 8-Count basic

- 1, 2, 3&4. 5, 6, 7 & 8 OR
- Walk, Walk, Triple step, Walk, Walk, Triple step

SKILLS:

- 1. Basic 8-count Whip**
- 2. West Coast Starter Step**

NOTE: Our Level 2 classes include more than what's listed above. These are just the Knowledge and Skill prerequisites needed to move up. However, each level teaches these through a variety of fun, beginner-level patterns...so you'll be learning while still having interesting, fun moves to enjoy on the dance floor.

Required Prerequisites To Enroll in Level 4

All Knowledge and skills from Bronze Level 1 and Level 2 PLUS:

KNOWLEDGE:

Compression Tuck

SKILLS:

Left Side Tuck and Turn:

NOTE: Our Level 3 classes include more than what's listed above. These are just the Knowledge and Skill prerequisites needed to move up. However, each level teaches these through a variety of fun, beginner-level patterns...so you'll be learning while still having interesting, fun moves to enjoy on the dance floor.

Think this is the "beginner" level? Think again! Bronze level is not a "beginner" level: it is the comprehensive foundation of the dance. Better, more experienced dancers return to these concepts often, either by re-taking classes or investing in private coaching. The partnership connections, timing, music and technical concepts taught in the Foundation series make EVERY intermediate or advanced pattern you will ever try a lot smoother, sharper and easier to lead or follow. *Master these concepts and YOU will be one of those better dancers others love to watch and dance with!* Skip these concepts and chances are, you'll have a lot of memorized "stuff", but practically no luck leading or following any of it with anyone.