

# Shut Up and *Dance!*

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## GOLD Series: West Coast Swing

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### Required Prerequisites

To Enroll in Any Gold Workshop/Class Level 1 and higher  
(Old levels 11 and Higher)

### **KNOWLEDGE:**

#### Section 1:

FULL FOUNDATION as outlined in (1) BRONZE and (2) SILVER Prerequisites

#### Section 2: TERMINOLOGY You Must Be Familiar With:

##### 1. Zero "O" point connection/resistance

- The point that physical resistance reaches zero without losing connection. Used to lead or follow without disconnecting or interfering with a partner's movement.

##### 2. Core

- Where all dancing centers and originates from – essential to controlling COB (centerpoint of balance). A more defined core means more defined movement.

##### 2. Core Frame and neutral position

- Achieving correct posture/connection points so that you are always leading or following from your core/COB.

##### 3. Advanced Lead/Follow Comprehension/Dynamic

- Lead is an invitation, not a command. To lead is to initiate followers' movement and direction through physical or visual connection that originates from core and simply asks...never forces or follows through to end of movement.
- Follow is a responsive reaction through physical or visual connection that is always received from a follower's core frame via her connection to her leader. She requires a leader only to invite or initiate her movement, from which she responds herself to complete it. She never requires him to follow through or overextend to execute.

#### Section 3 - Advanced RHYTHM AND MOVEMENT:

1. Rolling Count/Rolling Triple movement
2. Those count(s) considered the stronger accents of the dance
3. The difference between standard slot (track & rails) and extended floating slot
4. Difference between upbeats and down beats
5. Break or freeze patterns: counts/rhythms to restart

**Skills...next page**

## **SKILLS:**

### **Section 1: Movements/Patterns:**

1. Extended side passes
2. Extended whip patterns
3. Extended Push Breaks (sugar push) patterns
4. Compression tucks/tuck turns

### **Section 2: Technique**

1. Ability to use Core Frame to lead/follow
2. Ability to use proper hand connection (whole hand, not fingertips)
3. Leaders: ability to gather before the “1”
4. Followers: ability to stretch before the “1”
5. Turning skills:
  - a. Proper foot/prep into the turn
  - b. Rotation on the weighted foot
  - c. Body centering/posture
6. Ability to lead/follow accelerated movement, freezes, breaks
7. Ability to lead/follow simpler, more basic play/partner interaction

**NOTE:** It is not necessary to have mastered above knowledge and skills....but you must be able to dance/demonstrate with reasonable familiarity/ability, as these skills are required for GOLD Level.