

# Shut Up and *Dance!*

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## SILVER Series: West Coast Swing

### Required Prerequisites To Enroll in Level 1 to 6 (Old level 5-10):

#### **KNOWLEDGE:**

##### 1. Leaders:

- a. Movements initiated with backward momentum of body/feet; never arms;
- b. Never moves forward to start; never at the lady
- c. Know which steps travel in basic movements; which do NOT
- d. Men's lateral slot (crosses horizontally to the woman's vertical slot)
- e. Slot precision of whip: boxed; walled; not circular
- f. Proper turning frame, elbow raised, lead around head not over the top

##### 2. Followers:

- a. Vertical slot concept
- b. Movements initiated by lead; not by first count of music or pattern
- c. Basic leverage and compression connection concepts
- d. First step does not get closer to your partner
- e. Basic passes progress; travel to end of slot.
  - 1) During side pass movements feet should pass and cross left over right
- f. Proper turning frame, with frame in front, elbow directed downward

##### 3. Leaders and Followers:

- a. Men do not connect. They create the surface for woman to connect to;
- b. Women are responsible for connection
- c. All patterns begin and end with body's center stretched slightly back (pull)
- d. Anchors do not travel. They never disturb connection

#### **SKILLS:**

1. Basic 6 and 8-count dance timing
2. Music rhythm: must be able to dance on beat w/ music before progressing to Silver level
3. Partnership Connections: (a) Stretch (b) Compression

**Core Steps** (Each Bronze Level includes a variety of fun, Foundation (beginner) level patterns we are not mentioning here. Below simply lists the core basics you are expected to know before Silver.)

1. Left side pass (from closed and open positions)
2. Underarm pass/turn (Right side pass)
3. Push break or sugar push (from closed and open positions)
4. Starter step
5. Tuck and turn
6. 8-count basic whip
7. Moving from open to closed position; from closed to open position

**NOTE:** You don't have to master above perfectly. But you must be able to dance/demonstrate with reasonable familiarity/ability, as these skills will be needed for any Silver Level class.

**Don't forget the Bronze Level. Think Bronze 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.