

Lindy Hop • 8-Count & 6-Count Rhythms

Swing Dance Basics • TC Swing

FOUNDATIONS

FRAME & CONNECTION	FRAME Hold arms in a relaxed circle, elbows slightly forward, hands below elbows, shoulder blades engaged low and flat into the back, and core lightly engaged. LEADS: create a baseline level of pressure in connection. FOLLOWS: return connection at the level created by the LEAD.
POSTURE & MOVEMENT	Low and grounded with the weight forward in the balls of the feet, just like most sports. Move from your center like running in baby steps, pushing through the feet with a light bouncy step , chest first going forward and hips / butt first going backward.
GETTING STARTED	<ol style="list-style-type: none"> 1. Establish great connection in closed position. 2. Establish shared pulse and rhythm between the partners.

SWING-OUTS & CIRCLES

Basic 8-Count Figures

8-count figures in which LEAD typically rotates in a full circle (starts and ends facing same way), moving the FOLLOW up and down her path of travel. Swing-outs end in Open Position; Circles end in Closed Position.

8-Count Rhythm	1-2	3-a-4	5-6	7-a-8
BASIC RHYTHM	Rock-Step (Double)	Tri-ple-Step (Triple)	Rock-Step (Double)	Tri-ple-Step (Triple)
LEAD'S FOOTWORK	L-r	L-r-L	R-l	R-l-R
FOLLOW'S FOOTWORK	R-l	R-l-R	L-r	L-r-L

PASSES & TUCK TURNS

Basic 6-Count Figures

Passes: 6-count figures in which LEAD rotates in a half circle, bringing FOLLOW from one end of her path to the other.
Tuck Turns: Closed to Open, Open to Closed.

6-Count Rhythm	1-2	3-a-4	5-a-6
BASIC RHYTHM	Rock-Step (Double)	Tri-ple-Step (Triple)	Tri-ple-Step (Triple)
LEAD'S FOOTWORK	L, r	L-r-L	R-l-R
FOLLOW'S FOOTWORK	R, l	R-l-R	L-r-L

TIMING & MOMENTUM FOR ADDING TURNS TO SWING-OUTS

8-counts

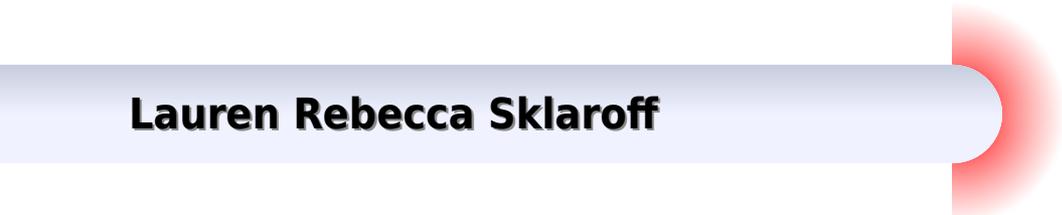
Coming Into Closed	1: create momentum, 2: add rotation; 3-a-4: complete rotation and go to extension
Going To Extension	5: create momentum, 6: add rotation; 7-a-8: complete rotation and go to extension
Early Releases	Inside Turn LEAD's left hand floats across FOLLOW's center and lifts to clear her head. Lead's Turn LEAD turns into his own left arm.
Late Releases	Shoulder Spin LEAD connects on FOLLOW's shoulder blade, rolls her off into a free spin. Outside Turn Same as shoulder spin, except left hand lifts to float over FOLLOW's head. Texas Tommy LEAD connects on FOLLOW's lower back with right hand. Bring her down her path, connecting in handshake behind the back then pulling down lightly to turn.

COMMON VARIATIONS

Tuck Turns & Skip-Ups	Tuck FOLLOW in to compress, reverse to turn. Skip-ups are tucks & opens using kick steps.
Cross-over break	Rock-Step, Kick-Cross, Back-Back-Forward. From closed / side-by-side position.
Mini-dip	From right crossed: Rock-Step on 1-2, step low on 3/4, step through on 5, hold & snap on 6. Finish with stomp-off on 8-8, or go directly into rock-step of next move.
Around World w/ Points	FOLLOW's outside turn while LEAD spins to right, reconnect in left open. Point in on 1/2, out on 3/4, in on 5/6/7, stomp-off on 8-8
Step Variations	Stomp-off, Heels, Kick-away, Kick-ball-change, Flares, Stops, Sweeps, etc...

Guide To Lindy Hop

Lauren Rebecca Sklaroff



Guide To Lindy Hop:

Swing Dance Basics Michael Fink, 2025-10-09 *Swing Dance Basics* is your complete step by step guide to learning Lindy Hop Charleston and the rhythm of confidence itself You don't need experience talent or perfect timing only curiosity and the willingness to begin This book was created for adult beginners returning dancers and anyone who wants to move with ease flow and connection Inside you'll discover how to learn swing dance from the ground up how to understand the music feel rhythm instead of counting it and build real confidence on any dance floor Every explanation is designed to be simple encouraging and practical so you can practice at home or in social settings without pressure or confusion You'll learn the fundamentals of Lindy Hop and Charleston the posture and pulse that make movement natural and the lead follow communication that turns two people into one rhythm You'll also explore musicality timing and styling drills that develop balance coordination and creative expression *Swing Dance Basics* teaches you to Learn Lindy Hop and Charleston quickly and confidently Build body awareness posture and rhythm that last a lifetime Connect with any partner through a clear frame and relaxed presence Understand swing musicality groove and phrasing Add easy styling and solo footwork for personal expression Overcome shyness and develop social dance confidence Practice effectively at home with step by step routines Reconnect with joy playfulness and movement freedom Whether your goal is to join a local social dance surprise a partner or feel better in your own body this book gives you everything you need to start and keep moving Each page blends rhythm clarity and encouragement making learning a natural and enjoyable experience Swing dance isn't about perfection it's about connection It's about trusting music trusting movement and trusting yourself When rhythm becomes your ally confidence follows When you dance the world moves with you Take your first step today The floor is ready The rhythm is calling **The**

Essential Guide to Jazz Dance Dollie Henry, Paul Jenkins, 2019-10-18 Jazz dance and its inherent music is recognized as one of the original and most potent art forms of the last two centuries From its African roots to our present day global dance community the jazz idiom has afforded a cross fertilization with all other artistic cultural and social representations within the arts industry providing an accessible dance platform for dancers teachers and creatives to enjoy both recreationally and professionally *The Essential Guide to Jazz Dance* offers a practical and uncomplicated overview to the multi layered history practices and development of jazz dance as a creative and artistic dance form It covers the incredible history and lineage of jazz dance the innovators choreographers and dance creatives of the genre specifics of jazz aesthetic steps and styles a detailed breakdown of a practical jazz dance warm up and technical exercises creative frameworks to support development of jazz dance expression and aesthetic performance and improvisation jazz music and musical interpretation and finally choreographing and creating jazz works With over 230 colour photos and a wealth of tips and advice this new book will be an ideal reading companion for dancers of all abilities dance teachers choreographers as well as all jazz dance enthusiasts

Simplified Lindy Hop for Men Gabor Palos, 2024-10-26 For the price of just one group class this book is a practical

guide for learning the leader's part of the swing dance known as Lindy Hop Includes information on swing music and swing dancing description of basic and intermediate 8 count and 6 count steps Charleston steps break steps and footwork variations dancing to fast and slow music tips on learning to dance group classes practicing and social dancing It will greatly add to your understanding of Lindy Hop and help you move along the learning curve Read it before your first Lindy class

The Oxford Handbook of Dance and Theater Nadine George-Graves, 2015-07-13 The Oxford Handbook of Dance and Theater brings together genres aesthetics cultural practices and historical movements that provide insight into humanist concerns at the crossroads of dance and theater broadening the horizons of scholarship in the performing arts and moving the fields closer together In doing so it demonstrates that physical performance and the intersections of theater and dance are more than musical theater story ballet or contemporary dance theater

The Official Guide to Ballroom Dancing Allen Dow, Mike Michaelson, 1980

24 Ways to Move More Nicole Tsong, 2020-10-01 Make movement part of your life From roller skating to hip hop dancing snowshoeing to tree climbing fitness can be fun Two new movement activities to try each month Features tips on how to get started easy goal setting and inspirational journal prompts Your body is made to move and is designed to adapt to a range of activity climbing sprinting carrying heavy things walking long distances Yet today we move less than ever before Yoga instructor and fitness expert Nicole Tsong wants to change that She has tried hundreds of different types of movement and in this new guide she shares which of those are the most fun accessible and body beneficial Detailing two new activities for each month of the year she describes her own experiences trying each movement then lays out a road map for readers to embark on a similar adventure starting at beginner level and moving up through Reach and Adventure goals For example readers can choose to walk 35 to 40 minutes twice a week for the whole month or they can slowly increase mileage each week working up to a 10 15 or 20 mile challenge Tsong also offers quick tips for getting started basic gear needs and costs and a Discovery section with questions prompts and journal space so readers can explore their own movement journeys

Dancing, a Guide for the Dancer You Can Be Ellen Jacob, 1981

G.K. Hall Bibliographic Guide to Dance New York Public Library. Dance Division, 2001

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Bibliographic Guide to Dance New York Public Library. Dance Collection, 1993

Good Life San Francisco Nightlife Guide Jeremy Chipman, 1997-08 A lively guide to the varied world of nighttime

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