

East Coast Swing- (single time & triple step) Bronze

Syllabus

1. Basic(6 count)- double hand hold; in frame
2. UATs-outside turn, inside turn
3. Backpass
4. Cuddle- 3 release points
5. Arm slide-single; double
6. Tuck in-UAT; free spin
7. Reverse walks-with points; kicks
8. Circle touches
9. Sliding doors-(triple step, triple step, back rock)
10. Lindy turn (8 count)
11. Toe-heel swivels
12. Handshake hold-IT, back pass, arm slide
13. Releases-throw out (counter clockwise);
swing release (clockwise)