

East Coast Swing Basic Class

Introduction to ECS and Class Instruction Structure

East Coast Swing Dancing

One of the most common types of swing dance is East Coast Swing. East Coast Swing refers to a form of social partner swing dance that mainly uses six-count patterns, although there are some eight-count variations as well. ECS is a spot dance moving in a circular fashion, with most patterns ending with a rock step. It uses three different rhythm structures: single, double, and triple rhythms. This dance is fast and upbeat and is characterized by its bounce and lilt actions

Note: The rhythm of ECS is the most versatile dance partner dance. Although ECS is fast, upbeat with bounce and lilt, the same steps can be slowed and smoothed for a social version of Fox Trot.

Dance Floor Etiquette: East Coast Swing is danced in the middle of the floor, staying away from the progressive dancers on the outside of the dance floor.

Names of Patterns: <https://youtu.be/LKuj0v6MkGY>

- | | | |
|------------------------|------------------------|------------------------------|
| 1. Arm jive Tangle | 9. Accordion Crab | |
| 2. Continuous Pretzel | 10. First Move Whip | |
| 3. Basket Manhattan | Turn | 16. Half Neckbreak from hell |
| 4. Neckbreak Butterfly | 11. Double Pretzel | 17. First move |
| 5. Cleaver Unwind | 12. Arm Breaker | Columbian |
| 6. Pretzel Half Nelson | 13. The Charley | |
| 7. Octopus Swizzle | 14. Traveling Windmill | Wurlitzer hook dip |
| 8. Neckwrap Unwind | 15. Tumble Dryer | |

Class #1 Its All Down Hill After This Class

American Swing Bronze <https://youtu.be/A6dTWPRtqA0>

Typical East Coast Swing <https://youtu.be/Zw1UTeQpPoQ>

The most important part of the East Coast Swing is the Timing

East Coast Swing Timing https://en.wikipedia.org/wiki/East_Coast_Swing

The count is 1 2 3&4 5&6

Single Count Swing is the same as 2-step. quick quick slow slow. The quick quick (or rock step) is on 1 2. The slow slow is on count 3 5.

1 2 3 5

The words are rock-step slow slow

Rock step side side

Triple Count Swing is 1 2 3&4 5&6 You are stepping on all counts, the “&” is a count and step.

1 2 3 & 4 5 & 6

The words are rock-step tri ple step tri ple step

Or Rock-step shuf fle step shuf fle step

Or Rock-step side-together-side side-together-side

The ECS triple count is exactly the same count as West Coast Swing 6 count turns: Walk-Walk (1 2) Run-Run-Run (3 & 4) Run-Run-Run or An-chor-Step (5 & 6)

Practice doing these steps to any song you like. Move around, turn around, listen to the music and get comfortable with the steps.

Double Count Swing is the easiest to understand, but has a very wide range of use. The count is: 1 2 3 4 5 6. Each count is a step. However, it is not the step but how it is stepped.

For the man, Rock-step (1 2 alternating Left-Right) 3 4 (Left-Left) 5 6 (Right-Right)

The Double count is used for the kick-steps. Rock-step (1 2 with alternating feet) Kick-step (3 4 with Left foot) Kick-step (5 6 with right foot.)

The syncopations can vary with this same foot (Left-Left Right Right) for tap step, point step, cross-step, flick-step, etc. Most turns that can be done with the **triple step** or **single step** can be done with the **(Same Foot Double Count Swing)**.

A **variation** to the **Double count swing** is Rock-step (1 2 with alternating feet) 3 (side step w/Left foot) 4 (tap/Right foot) 5 (step w/Right foot) 6 (tap w/Left foot). This step is more of a syncopation than a dance step because it is difficult to execute a complete turn using this step.

Another syncopation is the **Kick-Ball-Change**. This syncopation is commonly used in a variety of dances, especially swing. The Kick-Ball-Change can be done on either foot, but typically started on the 1, 3, or 5 count which would be the left foot for the man, and right foot for the lady. For the man, Kick with left foot(1), put weight on the ball of the left foot (&), step w/right foot (2).

What is Partner Dancing? Typically a male and female, in which the pair strives to achieve a harmony of coordinated movements whereas the male provides guidance to his partner to the next fixed position during a set routine. Guidance is provided via communication or physical support of one partner by the other.

What makes a good dancing partner? The most important thing to have is a clear vision of the direction in which you want the dance to evolve. In this way, you can guide your partner with confidence. Moreover, you need the ability to convey your intentions to your follower in a manner that gives them space and doesn't put too much pressure.

East Coast Swing Frame and Connection. Open Position Handhold. Relaxed Swing Position. <https://youtu.be/nWsGcmgkgr4>

East Coast Swing Turns, Patterns, Positions

- 1) Dance Open Position with Pinwheel. Lead the Rock-Step and Pivot Steps.
- 2) Lady's Inside Turn
- 3) Lady's Outside Turn
- 4) Man's Inside Turn
 - a. Man's Waist Slide (Catch either hand)
 - b. Man's Neck Slide (Catch either hand)
- 5) Lady's Inside Turn and Man's Inside Turn

Note: Pinwheel, Lady's Outside Turn, Man's Inside Turn, Man's Waist Slide, and Man's Neck Slide are all the same steps for the Man and Lady.

Man's Steps are Rock-Step, Step(to the Left), Turn (Left to face Lady)

Lady's Steps are Rock Step, Step, Turn (Right to face Lady)

Class #1 Dance Routine

What is Dance Flow? Dance Flow is ending one pattern with the intention of starting the next pattern. Practice the basic turns with "intentions" of going into the next turn or pattern.

Class #2 Open to Closed; to Open

Review Last Week

Of the Six Turns we practiced last week, which 5 are the same steps?

- 1) Fallaway (Leading from Open position to Closed position (Promenade).
- 2) Closed Position Turning Basic (Man steps across in front of Lady on 3, pivot right on 5).
- 3) Pull Away: Man pulls away from Lady on Rock Step to Open Position.
- 4) Throwaway. Leading from Closed position to Open position.
 - a. Option Tuck Turn
 - b. Option Lady's Inside Turn on 3 & 4
 - c. Option Man's Inside Turn on 5 & 6

1. Wrap to cuddle "Basket" (left hand to right hand) Exit: Step on 3, outside turn on 5 & 6.
Man leads Cuddle w/Right Hand

Extra: Wrap to Sweetheart. Same Exit as Wrap

Class #3

East Coast Swing Class Re-Cap

1. Count of the Dance: Rock-Step, Slow Slow
2. Flower Pattern, Partners Change places

Level I

Dance Routine with Previous Turns

- 1) Fall Away to Closed Position
- 2) Pivot Turn from Closed Position
- 3) Exit with Lady's Outside Turn

Level II

Its all about the Footwork. Kick-Ball-Change

1. Practice Kick-Ball-Change
 - a. Kick-Ball-Change on 1 2
 - b. Kick Ball Change, Kick-Ball-Change, on 3 & 4 5 & 6
2. Partial New Yorker: Step 1 2 $\frac{1}{4}$ Turn to man's right (Left hand lead) Kick-Ball-Change, Kick-Ball-Change, on 3 & 4 5 & 6. $\frac{1}{4}$ Turn back to facing each other on Rock-Step (1 2)
3. Wrap to Cuddle Rock-Step, Kick-Ball-Change, Kick-Ball-Change, (3 & 4 5 & 6) Rock-Step. Exit 3 & 4, outside turn on 5 & 6.

Class #4 Roll Her Out

Re-Cap

1. Lady's Frame
 - a. Tension in arms to allow Man to lead
 - b. Keep hands up while dancing
 - c. Pay attention to partner
2. Basic Steps: Rock-Step, Step Step. Note: Step #3 is crucial for changing places.

Demo Dance

Song J' Ai Du Boogie (Single Step): Class Count the Turns. Dance with as many turns as possible. Triple Step, Wrap w/Kick Ball Change, Barrel Turn, Pretzel.

Song (Something Slow): Class Counts the Turns. Dance as creative as possible with no turns. Drapes, pivots, Open to Close to Open, Roll Outs,

Purpose:

- 1) To show that the most complicated and fast turns have the basic steps.
- 2) Turns are not required to effectively dance.

Starter Step

Starting in Closed Position, Man sways with Left Foot (Left for 3 & 4) sway with Right Foot (Right for 5 & 6). Note: This action will place Lady with weight on her Left Foot ready to step on 1 (Rock-Step) with her Right Foot.

New Steps

1. Fall Away Pivot Turn w/Ladies Roll-Out to Side with Free Spin
2. Wrap to Cuddle w/Ladies Roll-Out to Rock-Step. Exit w/J-Hook on rock-step for free spin on 3&4 5&6. Man leads Cuddle with Right Hand

New Routine?

- 1) Fall a way to Closed Position: Rock-Step, Step, Turn, Rock-Step
- 2) Right Turning Basic: Man steps across Lady on Slow (Left Foot), Pivot right on Right Foot (2nd Slow). Follow Lady on Quick-Quick
- 3) Man rocks forward on Slow, rock back on 2nd Slow, back on Quick-Quick

- 4) Man steps back on Slow w/Left Foot, Pivot Turn to Right on 2nd Slow. Follow Lady on Quick-Quick.
- 5) Repeat #3
- 6) Exit: Man steps back on Slow w/Left Foot, Pivot Turn to Right(2nd Slow) and catch Lady in Promenade position, exit w/Throw out.

Class #5 Hammer Lock and Pretzel

1. Open position to Lady's Hammer Lock (Lady's 2 Hand Outside Turn on 5). Exit w/Man's Underarm Turn.
2. Open position to Man's Hammer Lock (Man's 2 Hand Underarm Turn). Exit w/Man's Underarm Turn

Level 2

3. Pretzel: Open position, 2 hand hold. Man does Underarm Turn ending in Hammer Lock, Lady on Man's Left side under Man's Left arm. Rock Step, Man leads Lady behind back to Man's Right Side under Man's Right Arm (Man is in Hammer Lock position. Exit w/Man's Inside Turn left.

Introduction to East Coast Swing Patterns

Music Practice <https://1drv.ms/u/s!ArYbgBI-KNYm9XrKk1Slm9qG6nEW?e=8hnbXC> Kungs vs Cookin

Rock Step Point Step (Left Foot) Point Step (Right Foot)

1. Kick-Step from Open Position: Rock-Step. Bring Lady to closed position on 3&4, 5&6. Lead walk back 1 2 3 4. Kick-Step, Kick-Step, Kick-Step, Kick-Step. Exit with Rock-Step.

Option: Point Step instead of Kick-Step

Class #6 Where Do We Go From Here?

- 1) Pivots <https://youtu.be/6qvrWt8kCo>
- 2) <https://youtu.be/PX6TKkOMtLM>
- 3)
- 4)
- 5) Classic Archie <https://youtu.be/Uc6swXbaEc8>
- 6) Right Handed Archie <https://youtu.be/9t3sVx1rlel>
- 7) Man's Wrap Archie <https://youtu.be/rSNnAPxMTbg>
- 8) Archie Neckflick <https://youtu.be/Yefv7p5n7jQ>
- 9) First Move Archie <https://youtu.be/WfMs-Oa2OBs>
- 10) Octopus T-Pot <https://youtu.be/5haCS8bIKLk>
- 11) Double Pretzel <https://youtu.be/iwR5nFAR8Gk>
- 12) 35 First Move <https://youtu.be/cvaxRhNPqWs>