

Beginner - March 2007 Dance Class

TAUGHT BY: Donna Barringer Neighbors

www.vadance.com

4 Count Hustle Grouping

MAN - Group One:

1. 2 Closed Position Basics 1234, 1234
2. 4 Side-to-side Basics (L-R-L-R)
1234, 1234, 1234, 1234
3. 2 Closed Position Basics 1234, 1234
4. 2 Turning Basics 1234, 1234
5. 2 Closed Position Basics 1234, 1234
6. Wrap In & Wrap Out 1234, 1234

LADY- Group One:

1. 2 Closed Position Basics 1234, 1234
2. 4 Side-to-side Basics (L-R-L-R)
1234, 1234, 1234, 1234
3. 2 Closed Position Basics 1234, 1234
4. 2 Turning Basics 1234, 1234
5. 2 Closed Position Basics 1234, 1234
6. Wrap In & Wrap Out 1234, 1234
(IN: counter-clockwise & OUT: clockwise)

Single Swing (Jitterbug) & Triple Swing

MAN - Group One: (Start with Left Foot)

1. 2 Closed Position Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
2. Release to Double Hands ssqq
Triple Count: 1a 2 3 a 4 rock, step
3. 2 Double Hand Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
4. 2 Turning Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
5. 2 Double Hand Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
6. Wrap In & Wrap Out ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
7. Link to Closed Position Basic ssqq
Triple Count: 1a 2 3 a 4 rock, step

LADY - Group One: (Start with Right Foot)

1. 2 Closed Position Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
2. Release to Double Hands ssqq
Triple Count: 1a 2 3 a 4 rock, step
3. 2 Double Hand Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
4. 2 Turning Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
5. 2 Double Hand Basics ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
6. Wrap In & Wrap Out ssqq, ssqq
Triple Count:
1a 2 3 a 4 rock, step 1a 2 3 a 4 rock, step
7. Link to Closed Position Basic ssqq
Triple Count: 1a 2 3 a 4 rock, step