



## Series 1 – Start Learning West Coast Swing Here

Thank you for taking a moment to learn about the Atlanta Swing Dancers Club dance program. Series 1 is the place to start your west coast swing journey. We dance to a wide variety of music and have a lot of fun doing so!

During the four week series you will learn concepts and movements that serve as the foundation for west coast swing. These concepts are important to grasp and understand as you continue to learn and explore west coast swing.

We strongly suggest that new dancers go through Series 1 at least twice. For dancers who may not have danced west coast swing for a while, we recommend you take Series 1 at least once.

If you understand the concepts, how they apply to each of the movements, and can perform and demonstrate the movements and concepts while dancing, you are most likely ready to move to Series 2.

If you are not sure how the concepts apply to each movement, or are not able to easily perform each movement, we strongly encourage you to take Series 1 again and possibly seek a private lesson from one of our instructors.

We believe Series 1 is the foundation to being a fun and enjoyable social dancer. Remember, we don't want to build a house on a shaky foundation, so let's make certain our dance foundation is strong!

### Movements:

- Week 1: Left side pass
- Week 2: Right side pass
- Week 3: Sugar push and sugar tuck
- Week 4: Starter step with left side pass

### Concepts:

- Timing
- Connection
- Stretch
- Momentum
- Anchor
- Frame

Beyond the group classes, you are encouraged to seek out our instructors for private lessons. This one-on-one time will allow you to get personalized feedback. Private lessons are a great way to accelerate your understanding and abilities in west coast swing.

Thank you for reading and we look forward to welcoming you to the dance community!