



Series 2 – Continuing to Learn West Coast Swing

Thank you for taking a moment to learn about the Atlanta Swing Dancers Club dance program. Series 2 is where you start to build upon the good foundation you learned in Series 1. In Series 2 we will continue to reinforce concepts from Level 1, as well as introduce a new concept in new movements!

Series 2 is an 8 week series divided into Part A and Part B. You may join the series at any point provided you have a strong understanding of the concepts and movements learned in Series 1. If you do not know the concepts and movements in Series 1, we encourage you to learn them as a good foundation will lead to success in Series 2. We strongly encourage all dancers go through Series 2 at least twice.

If you understand these 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 3.

If you are not sure how these concepts apply to each movement, or are not able to easily perform each movement, we strongly encourage you to take Series 2 again and possibly seek private instruction from one of our instructors.

Movements – Part A:

Week 1: Whip

Week 2: Inside turn, starter step with inside turn

Week 3: Free spin, sugar tuck variation with right hand over

Week 4: Right side pass with hand change, left side pass with hand change, cape/sweetheart

Concepts:

Timing

Connection

Stretch

Momentum

Anchor

Frame

Footwork

Movements – Part B:

Week 1: Whip

Week 2: Side tuck, starter step with side tuck

Week 3: Free spin, side tuck variation with right hand over

Week 4: Free spin, wrap

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.

Please remember a good dancer is a careful dancer, and one that understands base movements and concepts from Series 1. Please be a good dancer and don't move to Series 2 until you are ready!

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