



## Series 3 – Expanding Your West Coast Swing

Thank you for taking a moment to learn about the Atlanta Swing Dancers Club dance program. Series 3 is where you start to expand upon the good west coast swing foundation you learned in Series 1 and 2. In Series 3 we will continue to reinforce concepts from Level 1, as well as introduce new movements and variations of previously learned material from Series 1 and 2!

Series 3 is a 12 week series divided into Part A, Part B, and Part C. You may join the series at any point provided you have a strong understanding of the concepts and movements learned in Series 1 and Series 2. If you are not sure how the concepts apply to each movement from Series 1 and Series 2, we encourage you to take the series classes and learn them and possibly seek a private lesson from one of our instructors. A good foundation will lead to success in Series 3.

Those that are attending Series 3 should be dancing west coast swing regularly and understand base concepts and movements naturally and instinctively.

### Movements – Part A:

- Week 1: Whips variations: Outside turn, double outside turn, inside turn release
- Week 2: Wrap with free spin release, with hip catch to free spin release, with hip catch and whip release
- Week 3: Starter step release variations, inside turn, side tuck, sugar push, around the world, check step cross, whip
- Week 4: Instructor's Choice

### Movements – Part B:

- Week 1: Whips: Cut-off, pick-up, apache, cross handed options
- Week 2: Cape, cape with walks, repeating triple, cape with double over exit to sugar push or bow-tie release
- Week 3: Moving into closed position: inside turn, underarm pass, free spin, sugar tuck with leaders walk around, closed position exits: compression to free spin, compression to arm connection with free spin release
- Week 4: Instructor's Choice

### Movements – Part C:

- Week 1: Whips: Open handed, open handed single spin behind leaders back, open handed over the followers head, open handed over the followers head with present to free-spin
- Week 2: Fold same side release, fold passing release, fold to whip, fold with double over exit to sugar push or bow-tie release
- Week 3: Outside turn, double outside turn, outside turns with hand changes, outside turn behind leader's back, outside turn behind leader's back with hand change
- Week 4: Instructor's Choice

### Concepts:

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

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 and 2. Please be a good dancer and don't move to Series 3 until you are ready!

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