

EAST COAST SWING BASIC TWICE

- 1 & 2 Left triple step in place
3 & 4 Right triple step in place
5 Rock back on left foot
6 Rock forward onto right foot
1 & 2 Left triple step in place
3 & 4 Right triple step in place
5 Rock back on left foot
6 Rock forward onto right foot

UNDERARM SWING TURN WITH PARTNERS CHANGING SIDES**/Man releases lady's left hand**

- 1 & 2 Left triple step forward as man raises his left hand to allow lady to turn to the left
3 & 4 Right triple step in place as man turns 1/2 turn to his right. The lady will turn 1/2 turn to her left.
5 Rock back on left foot
6 Rock forward onto right foot

/The man is now on the outside of the circle facing in, and the lady is on the inside of the circle facing out, in single hand swing hold.

LADY'S 1/2 WALKAROUND INTO FORWARD CLOSED PROMENADE

- 1 & 2 Left triple step in place, man turns 1/4 turn to the right, facing line of dance, and begins leading lady with his left hand across in front of him.
3 & 4 Right triple step in place, as man continues leading lady to right side and finishing with her facing line of dance in closed promenade (conversation) position.
5 Rock back on left foot
6 Rock forward onto right foot

FORWARD TRAVELING PRANCES & ROCK STEP INTO SWING TWO HAND HOLD

- 1 Step left foot forward, lady points right toe in
2 Step right foot forward, lady points left toe out
3 - 4 Repeat 1-2
5 - 6 Repeat 1-2
7 - 8 Repeat 1-2

/The man helps to lead the lady by using his hands to slightly twist the lady as she prances forward. Option for the man here is to also prance forward instead of stepping straight forward.

- 9 Rock back on left foot, partners face each other & man takes lady's left hand with his right.
10 Rock forward onto right foot, the man is now facing towards the outside of the circle & the lady is facing towards the inside.

1/2 SWING TURNS WITH ROCK STEPS

- 1 & 2 Left triple step slightly forward, man will extend both arms outwards, thus bringing partners into side by side position with the lady on the mans right side.
3 & 4 Right triple step in place, partners will turn 1/2 turn to the right in place. This will put the lady on the mans left side, with the man facing towards the inside of the circle & the lady facing outside
5 Rock back on left foot
6 Rock forward onto right foot, partners align themselves back to facing each other

1/2 SWING TURNS WITH ROCK STEPS

- 1 & 2 Left triple step slightly forward, man will extend both arms outwards, thus bringing partners into side by side position with the lady on the mans right side.
3 & 4 Right triple step in place, partners will turn 1/2 turn to the right in place. This will put the lady on the mans left side, with the man facing towards the outside of the circle & the lady facing inside
5 Rock back on left foot
6 Rock forward onto right foot, partners align themselves back to facing each other

HALF BOWS

- 1 & 2 Left triple step slightly forward, man will extend both arms out to the side, bringing his left arm up over his head placing the lady's right arm behind his head, thus bringing partners into side by side position with the lady on the mans right side.
- 3 & 4 Right triple step in place, man bringing his right arm up over the lady's head placing his right arm behind her head. Man releases both hands at this time

/The following section is where partners will change. The inside circle (men) will move to the left & outside circle (ladies) will move to the right

HEEL-TOE SWIVELS & ROCK STEP

/(The heel-toe footwork applies to both man & lady)

- 1 Swivel both heels to the left
2 Swivel both toes to the left
3 Swivel both heels to the left
4 Swivel both toes to the left

/Man picks up new partner in two hand swing hold

- 5 Rock back on left foot
6 Rock forward onto right foot

REPEAT

/This dance can also be done as a one wall, single couple dance. Substitute the following:

HEEL-TOE SWIVELS

/(The heel-toe footwork applies to both man & lady)

- 1 Swivel both heels to the left
2 Swivel both toes to the left
3 Swivel both toes to the right
4 Swivel both heels to the right

/Man picks up partner in two hand swing hold

FINISH WITH:

- 5 Rock back on left foot
6 Rock forward onto right foot

REPEAT