

**SDSU Ballroom & Latin Dance Club
Spring 2007
Beginning Class-Session 3**

East Coast Swing

Rhythm: 1&2 3&4 56 except where noted

1. Basic
2. UA Turns R & L
3. Wrap
4. Recovery
5. The Walks (1&2 3&4 5678)¹
6. UA Turn R
7. RH – RH Tuck-In
8. Recovery

Foxtrot

Step (Rhythm) [Alignment]:

1. Basic (SSQQ) [W]
2. PP Basic (SSQQ) [facing DW, moving LOD/W]
3. Outside Basic² (SSQQ SSQQ) [DW/DW]
4. Rock Turn (SSQQ) [DW/DC]
5. Basic (SSQQ) [DC]
6. Box Step (SQQ SQQ) [DC/DW]
7. Closed Hover (SQQ SQQ) [DW]

Legend: **1H**=1 Hand Hold; **2H**=2 Hand Hold; **5P**=5th Position, one foot loosely crossed behind the other; **B**=Back; **CI**=Closed Position; **CPP**=Counter Promenade Position; **DC**=Diagonal Center, 45° L of LOD; **DW**=Diagonally to Wall, 45° R of LOD; **FA**=Fallaway Position; **Fwd**=Forward; **IN**=Inline w/Partner; **L**=Left; **LF**=Left Foot; **LH**=Left Hand; **LOD**=Line of Dance; **Lsd**=Left Outside Partner; **Op**=Open Position; **PP**=Promenade Position; **Q**=Quick; **R**=Right; **RF**=Right Foot; **RH**=Right Hand; **Rsd**=Right Outside Partner; **S**=Slow; **UA**=Underarm; **WA**=Walk Around; **X**=Cross;

¹ The Walks can be danced traveling in a straight line or curving it to Man's L. The step is virtually the same either way

² 1st half danced **Rsd**, 2nd half danced **IN**.