

Focus Week #1: Mechanics

Frame & Structure, Directions & Footwork

FW #1	Tier 1	Tier 2	Tier 3
Kick-Step	Basic Footwork	Open Kick-Out	Toe Flick Cross
Rockabilly	Turns: Default Rotation	Body Movement & Blocks	2x Pretzel
4Beat Blues	LHS/RHS Pull Through	Shifts of Weight Corkscrew	Man's Headchopper
Swing	Swing-Out	Turn & Stomp/Step/Slide	Rolling U/A Turn

Kick-Step RnR

- Basic Footwork
 - Forward/Back (“Australian”)
 - Side to Side (“Kiwi”)
 - Up/Down (“European”)
- Open Kick-Out
 - Frame: support, working off/with partner, directional momentum
 - Directions: emphasis not over-exaggeration, control
- Toe Flick Cross
 - Angles & Control

Rockabilly

- Turns: Default Rotation
 - Wind and Unwind the spring
 - Tracing & Blocks
- Body Movement & Blocks
 - Body Behind the Block
 - Stance & Positioning
 - Man's Body Rotation

- 2x Pretzel
 - In Position, In Time
 - Body & Arm Co-ordination

4Beat Blues

- LHS/RHS Pull Through
 - Line of dance
 - Clockwise movement of the dance; changes...
- Shifts of Weight; Corkscrew
 - Shifting Frame: visual and pressure lead
 - Shifting Balance: remembering frame and centre
 - Man's Body Rotation
- Man's Headchopper
 - In Position, In Time
 - Body & Arm Co-ordination

Swing

- Swing-Out
 - Keeping the Linear
 - Man as the Centre
- Turn & Stomp/Slide/Step
 - Arms indicating Feet
 - Stance indicating Direction
- Rolling Under-Arm Turn
 - Contra Body Motion ... letting it Swing!
 - Turns in centre of frame
 - Establishing the line of dance

Focus Week #2: Pressure

Distribution & Transfers, Centre vs. Counter Balance

FW #2	Tier 1	Tier 2	Tier 3
Kick-Step	Open & Closed American Spins	Concertinas	Throw Away Sweep/Slide
Rockabilly	Spaghetti Pull-Out	Pull Through vs Bow & Arrow	Slingshot
4Beat Blues	U/A Turn & Return	Rotating Cuddle	CBP Rotation, Whip
Swing	Swing-Out	Mini-Dip	Face to Face LKs

Kick-Step RnR

- Open/Closed American Spins
 - Foot Placement
 - Stepping out of the spin - not falling out
- Concertinas
 - Centre Balance
 - Working *into* Partner
- Throw Away Sweep/Slide
 - Counter Balance
 - Working *through* Partner

Rockabilly

- Spaghetti Pull-Out
 - Lay-Back vs. Cult
 - Rockabilly: Counter Balance, Counter Pressure
- Pull Through vs Bow & Arrow
 - Centre Balance vs. Counter Balance
 - Rotation, 1Hand, 2Hand
- Slingshot - Counter/Centre/Counter Balance

4Beat Blues

- U/A Turn & Return
 - Foot placement and distribution for the Return
 - “Throwing” weight - as the lead or follow
- Rotating Cuddle
 - Centre Balance
 - Working *into* Partner
- CBP Rotation, Whip
 - Counter Balance
 - Working *through* Partner
 - Control

Swing

- Swing-Out
 - Smooth & Low
 - Counter Balance into 4+
- Mini-Dip
 - Centre > Counter Balance
 - Different Distributions with Footwork ... Hop, Roll, Cross
- Face to Face LKs
 - Centre Balance vs Counter Balance
 - Working *into* partner vs. *supporting* partner

Focus Week #3: Timing & Harmony

Beats & Tempo, Relax... There's No Rush

FW #3	Tier 1	Tier 2	Tier 3
Kick-Step	Open & Closed American Spins	The Bob Rhythm Variations	Slides & Sweeps
Rockabilly	Figure 8	Rockabilly Rocks	Tumble Dryer
4Beat Blues	Cuddle & Roll-Out	Blues Pulse Variants	Arm Rhythm & Body Timing
Swing	Swing-Out	The Yo-Yo	Impetus Roll

Kick-Step RnR

- Open/Closed American Spins
 - Leaving the lead behind
 - Pushing into the spin before the follow is centered
 - Spinning and/or catching to quickly
- The Bob
 - Half-Time & Held Rhythms
 - Keep things small - less bounce, less action, less rush
- Slides and Sweeps
 - 1 action, 2 beats ... calibrate
 - Keep things small - extension when there is time and the emphasis suits

Rockabilly

- Figure 8
 - The man's spin is not full 360° - relax!
 - Ladies - sometimes you need to wait
 - Don't turn before the lead
 - Hip Lift - learn to hold it...
 - Remember to finish the figure (leads!)

- Rockabilly Rocks
 - Keep things small and cruizy ... we don't want the lady going anywhere soon!
 - When under-rotation is appropriate
- Tumble Dryer
 - The magic extra turn... not always just for matching/opposite footwork
 - Sometimes one turn is not enough to allow body position
 - Leaving the lead behind - trying to make it happen as the follow does not help

4Beat Blues

- Cuddle & Roll-Out
 - Rolling into the spin before the follow is positioned & centered
 - Roll the cuddle in, then roll out
 - Don't turn 2x4 into 1x6
- Blues Pulse Variants
 - 6/8 timing and the late 'a4' blues emphasis
 - Being 'late' on the beat
- Arm Rhythm & Body Timing
 - Slowing to Half-Speed
 - Holding for Emphasis and Syncopation

Swing

- Swing-Out
 - Leaving the lead behind... 4+
 - Fast, Standard, and Held 1,2
- The Yo-Yo
 - Each action in its place ... complete the turn in before the 3a4 spring
 - Smooth things through ... commence the exit turn late on 6
- Impetus Roll
 - Gathering Momentum - not forcing it
 - Controlling momentum and speed

Focus Week #4: Mechanics

Momentum, Swing & Spring

FW #4	Tier 1	Tier 2	Tier 3
Kick-Step	Basic Stance & Directions	Double Roll	Surprise Slide
Rockabilly	Push Pulls	Rocks off the Back	(Fast) Gozunder
4Beat Blues	Open Turn Out	Double Roll	Return Sweep Flick Away
Swing	Swing-Out	Over The Arm Turn	“House” Swing-Out

Kick-Step RnR

- Basic Stance & Directions
 - Balls of Feet - ready to move
 - “Running” toward/through partner
- Double Roll
 - Arm Spring
 - When and how to use over-rotation
- Surprise Slide
 - Compression & Spring
 - Working *off* partner

Rockabilly

- Push Pulls
 - Catching and working with the woman’s hip lift
 - Arm Compression & Spring
- Rocks off the Back
 - Body Compression & Spring
 - Arm Roll <> Swing ... maintaining rhythm and fluidity
- (Fast) Gozunder

- Arm Swing ... when it's not an option

4Beat Blues

- Open Turn Out
 - When and how to use over-turn
 - Man's forward step to build momentum (winding up the spring)
- Double Roll
 - Arm Spring
 - When and how to use over-rotation
- Return Sweep / Flick Away
 - Arm Swing, Momentum, & Rhythm
 - Arm Swing Control and Differentiation

Swing

- Swing-Out
 - Spring through 3a4
 - Body Compression & Spring
- Over The Arm Turn
 - Body Motion, Rotation, and Swing
 - Arm Swing, Momentum, & Rhythm
- "House" Swing Out
 - Pumping the Spring
 - Momentum and rotational swing

Focus Week #5: Pressure

Your Core & The Floor

FW #5	Tier 1	Tier 2	Tier 3
Kick-Step	Inside Edge of Foot	Kick-Step-Cross	Concertina Sweeps
Rockabilly	Hip Lift / Bop ... No Bounce!	Sway Driving & Brakes	Heel Spin Turn Baby Doll
4Beat Blues	Drag vs. Mooch	The Glide	Leg Pops!
Swing	Anchoring	Running Into the Floor Driving the SO/LC	The Quick Stop

Kick-Step RnR

- Inside Edge of Foot
 - Use of the floor
 - Centering body pressure and control
- Kick-Step-Cross
 - Compression
 - Floor Movement - Pushing out of the core, through the floor
- Concertina Sweeps
 - Control ... the floor is your friend
 - Control ... use and balance of internal & floor pressure

Rockabilly

- No Bounce!
 - Using the body for lift/bop and not allowing your actions to be arm/leg driven
 - Anchoring (Lead) and Holding (Follow)
- Sway; Driving & Brakes
 - Using the body to generate/slow rotation
 - Using the body to push/catch firmly but gently
- Baby Doll

- Driving and Winding the Rotation
- Heel Spin Turn
 - Sometimes a step takes too long!
 - Rolling across the floor
 - Generating rotation through the body, rather than relying on steps
 - Body & Arm Co-ordination

4Beat Blues

- Drag vs. Mooch
 - Smooth and Flat (Grounding) vs. Core Lift
 - Floor Movement - Pushing out of the core, through the floor
- The Glide
 - 'Dual' Core Lift
 - Core Support/Elevation
- Leg Pops
 - Depth & Generating Momentum
 - Oblique Extension and Core Lift

Swing

- Anchoring
 - Grounding the Swing-Out
 - Preparing the 1, 2
- Running Into the Floor
 - Control ... the floor is your friend
 - Using the floor to 'bleed off' momentum
 - Preparation for footwork variation
- Driving the SO/LC
 - Pulling into and through the body
 - Core & Floor Control ... catching and using the Follows momentum
- The Quick Stop
 - Catching Momentum: Depth
 - Catching Momentum: Whole of Body

Focus Week #6: Timing & Harmony

General Fun - Play Time!

FW #6	Tier 1	Tier 2	Tier 3
Kick-Step	Footwork Variation	Arm & Body Work	Spider Legs
Rockabilly	Extension & Rounding	Double Speed Turns	R'Billy Dips/Props
4Beat Blues	Rhythm Variation	Body Movement	Body Connection
Swing	Swing Out Lindy Circle	Chase & Follow	Dips, Props, & Pops

Kick-Step RnR

- Footwork Variations
 - The 2 Beat 'Bracket'
 - Staying with partner
- Arm & Body Work
 - Arms & Legs ... connected through the Body!
 - Body Lines & Presentation
- Spider Legs
 - Transfer, Distribution, and Timing!

Rockabilly

- Extension & Rounding
 - Let it happen when it fits
 - Don't over-do it ... practice for improvement, don't just 'go big' 😊
- Double Speed Turns
 - Rockabilly *can* have musicality - you just have to work harder!
 - Help in several figures to maintain the Follows natural rotation pattern
- Rockabilly Dips/Props
 - Curls/Circles - not straight body lines
 - Exits ... no back steps

4Beat Blues

- Rhythm Variation
 - Match arm tension and motion to foot rhythms
 - Listen to the music - don't force a pattern!
- Body Movement
 - The Quickest *and* Slowest actions possible
 - Emphasis & Tempo
- Body Connection
 - More body connection, more 'signal bandwidth'
 - Lead/Follow

Swing

- Swing-Out; Lindy Circle
 - Musicality - the rhythm across the figure does not need to be even
 - Play with the momentum
- Chase & Follow
 - Use your personality - fun, funky, flirty...
 - Try something unexpected and/or different
- Dips, Props, Pops
 - When are they appropriate?
 - Safety = Centre Balance, Grounding