

<b>Swing (C)</b>	<b>Tier 1</b>	<b>Tier 2</b>
<b>Week 1</b>	Basic Footwork and Rotation	Hook Cross Slide; Stomp Off
<b>Week 2</b>	U/A Turn and Return; The Shunt	Drag Walks
<b>Week 3</b>	The Swing Out Session!!!	
<b>Week 4</b>	Lindy Circle; Closed Swing Out	The Worm
<b>Week 5</b>	Double Turn Out; DTO to Closed Position	Crossed Arm Pull Through; The Yo-Yo
<b>Week 6</b>	Texas Tommy	Hip Lunge

### Notation

- Tier 1 Content
  - Tier 2 Content
  - *Linking figures to basic Tier 1 Routine*
- OR ... Tier 2 content replaces the Tier 1 figure
- /... Choice of figure(s)

## Swing (C) Routine

### Week 1

- Basics (Closed) & Rotation

### Week 2

- Under Arm Turn & Shunt
  - Drag Walks

### Week 3

- Swing-Out **OR**
  - Swing-Out Variation

### Weeks 4(&1)

- Lindy Circle
  - Hook Cross Slide
- Closed Swing Out **OR**
  - The Worm
- Lindy Circle

### Week 5

- Double Turn-Out
  - Crossed Arm Pull-Through
  - The Yo-Yo

### Week 6

- Texas Tommy
- Return **OR**
  - Hip Lunge