

## Swing

<b>Swing (A)</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Week 1</b>	Basic Footwork and Rotation	2 Steps Fwd/Back; Step Cross	Kick-Ups
<b>Week 2</b>	U/A Turn and Return; The Shunt	Basic Lindy Kicks	Rolling U/A Turn - Single, Double and Triple Turns
<b>Week 3</b>	The Swing Out Session!!!		
<b>Week 4</b>	Lindy Circle; Closed Swing Out	Basic Pops & Drops; Dip FCP	The Whip; Throw-Out
<b>Week 5</b>	Double Turn Out; DTO to Closed Position	Turn and Stomp, Syncopated Side Step; Turn & Slide	Hand to Hand Kicks
<b>Week 6</b>	Texas Tommy	Reverse Lindy Circle	Twister; Basic Jump Out

<b>Swing (B)</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Week 1</b>	Basic Footwork and Rotation	Stop and Go; Double Turn Exit	Sweep 'n' Shake; Suzie Q's
<b>Week 2</b>	U/A Turn and Return; The Shunt	Turning (RH) Shunt; The Banana	The Sugar Roll
<b>Week 3</b>	The Swing Out Session!!!		
<b>Week 4</b>	Lindy Circle; Closed Swing Out	The Rubber Band	Basic Lindy Kicks; Face to Face LKs
<b>Week 5</b>	Double Turn Out; DTO to Closed Position	Don't Go; Surprise Turn	Surprise Stop
<b>Week 6</b>	Texas Tommy	Mini-Dip	Open Lunge; Man's Jump Back

<b>Swing (C)</b>	<b>Tier 1</b>	<b>Tier 2</b>	<b>Tier 3</b>
<b>Week 1</b>	Basic Footwork and Rotation	Hook Cross Slide; Stomp Off	4, 6 and 8 Counts; Pauses, Half-Time and other Timing Variation - How to Play
<b>Week 2</b>	U/A Turn and Return; The Shunt	The Shunt Slide; Drag Walks	Basic Lindy Kicks (Action/Presentation)
<b>Week 3</b>	The Swing Out Session!!!		
<b>Week 4</b>	Lindy Circle; Closed Swing Out	The Worm	Moving Lindy Kicks; Kick Variations
<b>Week 5</b>	Double Turn Out; DTO to Closed Position	Crossed Arm Pull Through; Butterfly Wrap	Impetus Roll; Chase and Follow
<b>Week 6</b>	Texas Tommy	Turning Pull Through; Rolling Turtle	The Train - Rotating, Moving Back to Front



Rock 'n' Roll