

Swing (A) Routine

Week 1

- Basic Footwork x 1
- Basic with Clockwise Rotation to Open Position
- 2 Steps Fwd/Back to Closed Position

Week 2

- U/A Turn
- Return OR
 - The Shunt

Week 3

- Swing-Out x 2
- Swing-Out OR
 - Swing-Out w/ Ladies Turn

Week 4

- Lindy Circle
- Lindy Kicks x 2
- Basic Dip

Week 5

- Double Turn Out TCP
- Turn & Slide

Week 6

- Texas Tommy
- Reverse Lindy Circle
 - Exit of Choice

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