

Swing (B) Routine

Week 1

- Basic with Clockwise Rotation
- Basic with Anti-Clockwise Rotation to Open Position
- Basic Footwork x 1 **OR**
 - Stop 'n' Go

Week 2

- Basic to Closed Position
- U/A Turn
- The Shunt & Basic **OR**
 - Turning Shunt → The Banana

Week 3

- Swing-Out x 2 **OR**
 - 'Close' Swing-Out
 - 'Extended' Swing-Out
- Swing-Out **OR**
 - House Swing-Out

Week 4

- Lindy Circle
- Closed Swing-Out
- Rubber Band

Week 5

- Double Turn Out TCP
- Don't Go
- Double Turn Out **OR**
 - Surprise Turn

Week 6

- Texas Tommy
- Mini-Dip

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

