

## Swing (C) Routine

### Week 1

- Basic Footwork
- Basic with Clockwise Rotation **OR**
  - Hook Cross Slide
  - Optional\*\* Stomp Off

### Week 2

- U/A Turn
- The Shunt **OR**
  - The Shunt Slide
- Drag Walks

### Week 3

- Swing-Out x 2
  - Optional Footwork Variations\*\*

### Week 4

- Lindy Circle
- The Worm (6&6)
- Lindy Circle
  - Optional Slide Exit\*\*

### Week 5

- Double Turn Out (Open 2<sup>nd</sup> Turn)
- Crossed Arm Pull Through **OR**
  - Butterfly Wrap

### Week 6

- Texas Tommy
- Turning Pull Through **OR**
  - Rolling Turtle

<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