

## Timing & Technique - Course Outline

<b>Timing &amp; Technique</b>	<b>Timing</b>	<b>Technique</b>
<b>Week 1</b> (Swing vs. Jive vs. R'n'R)	Rhythm - Counts, Beats, & Calls	Timing <> Pressure & Control
<b>Week 2</b> (JS – Sequence 1: Beoly Oly)	Quarter Beats, Half-Beats, & Held Beats	Weight Distribution & Transfer
<b>Week 3</b> (JS – Sequence 2: Pivots & Break Time)	Tempo - Smooth & Relaxed	Floor Pressure & Core Body Movement
<b>Week 4</b> (JS – Sequence 3: Knee Slaps & Shorty George)	Through Body Timing - Using the Whole Beat	Hip Movement, Balance
<b>Week 5</b> (JS – Sequence 4: Suzie Q's)	Tempo - Energy & Transitions; Stealing/Stretching the Beat	Complimentary Body Motion & Momentum
<b>Week 6</b> (JS – Sequence 5: Tick-Tocks)	Keeping It Together - Back to Basic Rhythm	Non-Complimentary Actions & Preparation

**Cool Cats Rock 'n' Roll**

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