

AUSTIN CITY DANCE CLUB

NEW STUDENT KIT FOR WEST COAST SWING

Hello New Student!

Welcome to our classes at Austin City Dance Club. Our Tuesday night West Coast Swing classes are at the Ben Hur Shrine, 7811 Rockwood Ln, Austin. Park in the free parking lot attached to the building.

Your teacher's name is Debbie Figueroa, and Debbie is assisted by numerous practice assistants who you'll meet in class.

Come to class prepared:

- Be on time...Level 1 starts at 6:30 PM (be here earlier, please), and you'll immediately begin warm-ups and learn the first part of your dance.
- Come with dance shoes if you can. Suede-soled shoes are the *shoe du jour*. Our website hosts links to a few shoe vendors with reasonably priced shoes. We recommend swing dance sneakers (for comfort, durability). However, gluing suede to a smooth-soled shoe also works. On our website, www.austincitydanceclub.com, select the Links menu item. Expand the "Shoes, Costumes" accordion for more information. Last-ditch option: hard-soled shoes will get you by for the night. But you'll want to get good shoes soon, so that the turning techniques you learn will come to you strain free.
- Wear comfortable clothing. West Coast Swing is casual, but it's also a physical activity. Assume you'll sweat in class and have a change of clothes with you if you know that you're the perspiring type.
- Review and bring the Level 1 course curriculum (next page). Your Level 1 is a three-month course. As you learn new moves, check them off on your sheet.
- Take notes after each class. Be sure to record the class's video wrap up at the end of class.
- Join the 8 PM practice group in our side room, hosted by our practice assistants. You'll be able to retain much the more you practice. It's free, safe, and guided, with your classmates from Level 1.
- Stay for the 9 PM social dance. It's *free* to you if you're taking our classes. Initially you may be intimidated by the other dancers who seem to have professional skills. Take the initiative when your feet can't stop moving to the music and ask someone to dance. It's easiest to dance with someone who you recognize from class, but seriously anyone you ask will be happy to dance with you. Tell them how new you are and do what you learned in class that night. Keep at it, and you'll notice things become easier and easier from week to week.

A few things to know:

- Level 1 of West Coast Swing (shorthand is WCS) is a three-month course. Once you've gone through the entire curriculum, ask your teacher if you can graduate to Level 1.5. It's a whole new set of moves with more advanced counts.
- Don't be discouraged if you struggle with learning a new thing like this dance. Know that your classmates are struggling too. It's par for the course. Occasionally you'll notice someone in class seems really gifted; they may be taking the class for a second time (we encourage everyone to do this rather than rushing to advance), or they may have a more extensive dance background. Don't compare yourself to them! *You be you*, and learn at your own pace.
- Don't be afraid to ask questions in class. If you can't hear or understand something that was just said, raise your hand and speak up. Everyone deserves to get all that they can out of their classes.
- You may notice that women tend to follow and men tend to lead in class. Occasionally these people switch roles (and may dance with you). Know that you can dance in the role you choose. Also know that we support students who want to switch. We recommend you complete your coursework in Level 1 sticking to one role at first. Retake the class as the opposite role if you choose. You'll excel faster that way. You may stay in one specific role for the rest of your life if you choose as well!
- If you have any additional issues, contact ACDC's president, Mike Topel at miketopel@yahoo.com. He can help you with anything not addressed in class, particularly safety concerns.

ACDC Dancestrong: West Coast Swing Level 1

Syllabus

- Six-Count Rhythm
- Left-Side Pass
- Right-Underarm
- Sugar Push
- Starter Step
- Left Side Throwout
- (Passing) Tuck Turn
- Closed Turn Right
- Closed Turn Left
- Closed Turn into a Tuck Turn
- Spinning Left Side Pass
- Spinning Right-Underarm
- (Sugar) Tuck Turn
- Right Side Cutoff; with send out, with Tuck Turn
- Left Side Pick Up
- Dewey Throwout
- Tuck Turn to Hammerlock, Right Underarm Ending
- Escort

Notes

Instructor Approval Signature, Date Approved (if advancing to Level 1.5)
