

The Basic Dance Steps of the Swing

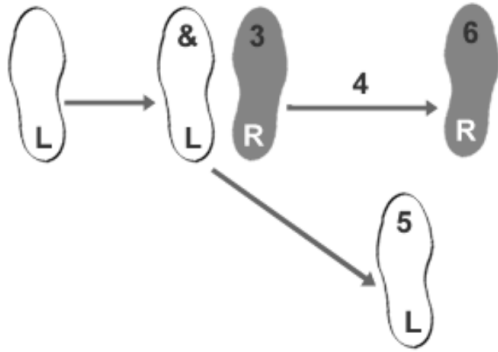
The basic rhythm is 4/4 timing utilizing a basic 6 count step. The basic count is 1 and 2, 3 and 4, 5,6. It's known as a triple step swing. The basic pattern is triple step, triple step, and a rock step. When you're starting out you can replace the triple step with a single step.

The Gentlemen's Steps

Triple step to the left (1&2):



Triple step to the right (3&4), rock step (5,6):

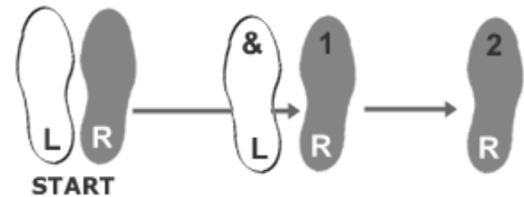


Basic Step

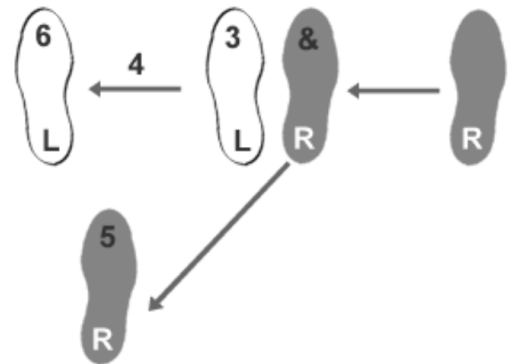
1. 1&2: Triple step to the left (left-right-left)
or Single Step to the left
2. 3&4: Triple step to the right (right-left-right)
or Single Step to the right
5. Step backward with your left foot
6. Weight shifts to your right foot (rock step)

The Lady's Steps

Triple step to the right (1&2):



Triple step to the left (3&4), rock step (5,6):



Basic Step

- 1&2: Triple step to the right (right-left-right)
or single step to the right
- 3&4: Triple step to the left (left-right-left)
or single step to the left
- 5: Step backward with your right foot
- 6: Weight shifts to your left foot (rock step)

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