

# The East Coast Swing Basic

1-and-2, 3-and-4, 5, 6 · triple step, triple step, rock step · six beats per basic

**Remember:** each triple is three small, quick steps, not one big one. Keep a soft bounce in your knees (no hopping) and keep the rock step small, back and away from your partner.

## Leader

| Count | Step    | Foot and direction                                   |
|-------|---------|------------------------------------------------------|
| Start | –       | Feet a little apart, facing partner, weight on right |
| 1     | Triple  | Left foot to the side                                |
| &     | Triple  | Close right toward left                              |
| 2     | Triple  | Left foot to the side                                |
| 3     | Triple  | Right foot to the side                               |
| &     | Triple  | Close left toward right                              |
| 4     | Triple  | Right foot to the side                               |
| 5     | Rock    | Left foot back                                       |
| 6     | Recover | Weight forward to right                              |

## Follower

| Count | Step    | Foot and direction                                  |
|-------|---------|-----------------------------------------------------|
| Start | –       | Feet a little apart, facing partner, weight on left |
| 1     | Triple  | Right foot to the side                              |
| &     | Triple  | Close left toward right                             |
| 2     | Triple  | Right foot to the side                              |
| 3     | Triple  | Left foot to the side                               |
| &     | Triple  | Close right toward left                             |
| 4     | Triple  | Left foot to the side                               |
| 5     | Rock    | Right foot back                                     |
| 6     | Recover | Weight forward to left                              |

## Your five-minute practice

- Minute 1:** play the count-along video and say “triple step, triple step, rock step” out loud with it.
- Minutes 2-3:** dance your own part alone, no music. Check that the same foot starts every basic.
- Minute 4:** dance along with the slow practice track (110 beats per minute).
- Minute 5:** try the dance-tempo track (136 beats per minute). Go back to slow if it falls apart.

## Check yourself

- Did each triple have three clear weight changes?
- Did my bounce come from my knees, not a hop?
- Was my rock step small enough to come right back on 6?
- Did the same foot start the next basic?

## When it feels easy

- Try it with a partner in a relaxed hold, eight basics in a row.
- Let the basic turn slowly as you dance, like Amy shows in her single-time lesson.
- Ask Amy about the outside underarm turn, the basket and the inside turn.