

The Single-Time Swing Basic

Slow, slow, quick, quick · six beats: side (1-2), side (3-4), rock back (5), replace (6)

Remember: step, step; rock, rock. On the rock, both partners step back, away from each other. Keep every step small and add a little swing in the hips.

Leader

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1-2	Slow	Left foot to the side
3-4	Slow	Right foot to the side
5	Quick	Left foot rocks back
6	Quick	Weight forward onto the right

Follower

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1-2	Slow	Right foot to the side
3-4	Slow	Left foot to the side
5	Quick	Right foot rocks back
6	Quick	Weight forward onto the left

Your five-minute practice

- Minute 1:** watch Amy's basic in the video (0:10) and say "slow, slow, quick, quick" with it.
- Minutes 2-3:** dance your own part alone, saying "side, side, rock, replace."
- Minute 4:** dance along with the slow practice track (112 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 slow last two full beats?
- Did I rock *back*, not toward my partner?
- Is my rock step small?
- Did every step change my weight?

When it feels easy

- Let the basic rotate slowly clockwise, as Amy shows at 0:36.
- Watch the outside underarm turn (0:44), the basket (1:09) and the inside turn (1:26).
- Ask Amy about triple-step swing for slower songs.