

Enze Chen  
Ting Ding  
Elaine Lui

## Intro to West Coast Swing

### Outline

- Warm-up? Lol. Try Everything by Shakira
- Guidelines:
  - Partner dance: if uncomfortable, you're welcome to step out, or watch
  - As such, be courteous. Safe space to ask questions
  - Divide into leads and follows
- What is west coast swing
  - Started in the 30's and 40's. East coast swing brought to LA...became west coast
  - **Slotted dance** --- follows own the slot. Very helpful for crowded venues!
  - **Connection** established through swing out hand and body lead (tension/compression)
- Activity: Couples holding both hands, follows step backward until tension is a "10"
- [Sugar push](#)
- [Left side pass](#)
- [Right side pass with inside turn](#)
- ~~~ WATER BREAK ~~~
- [Tuck outside turn](#)
- [Starter steps](#)
- Song selections? Lol I prob have terrible taste sorry guys.
  - Attention (Charlie Puth)
  - Good For You (Selena Gomez)
  - Sorry (0:59, Justin Bieber)
  - Runaway, Don't, Shape of You (Ed Sheeran)
  - Down (Marian Hill)
  - Dancing in a Room (Ezi)
  - My My My (Troye Sivan)
  - Gold (Kiiara)
  - Put Your Records On (Corinne Bailey Rae)
  - Rockabye (Clean Bandit)
  - Fire (Kevin DeGraw)
  - Style (TSwift)
  - Suit and Tie (Justin Timberlake)
- [Off-hand free spin](#)
- [Whip](#)

### **Thoughts on Berkeley class**

Time: Sunday, 11/04, 16:10 - 18:00

Attendance: 10 students

Thoughts: They were so great! Students seemed excited, despite being at the end of the day. Warm-up was a good idea, I think it also piqued their interest that we jumped right into dancing. I think we could've emphasized the connection / pushback in sugar push more, particularly as we covered tuck outside turn after the break. Tuck was a much better idea than free spin, so we'll keep that. Note the Stanford class **will be shorter on time**, so we might not get to starter steps, particularly since this class we didn't even cover starter steps that well. But by the end I think everyone could start and dance the basics on their own, which I consider a success. Also super lucky that there were three very talented students that danced WCS before, they were super attentive and helpful to others.

### **Thoughts on Stanford class**

Time: Sunday, 12/02, 14:00 - 15:45

Attendance: 13 students

Thoughts: This group of students was slightly more rowdy than the Berkeley group, but they were still very interested in learning the material. The curriculum was kept pretty much the same as Berkeley, but we didn't have time to get through starter steps, which was just fine. There was one boy who knew WCS very well; he even said he taught classes nearby(??) Crazy. It was super helpful having Elaine walk through and coach the follow's footwork, so this group at least had an instructor who knew the tips and tricks. Part of the poor attention and teaching must be attributed to the acoustics of the Clubhouse Ballroom. It was *extremely* echoey and the music reverberated like crazy. Definitely not teaching there again...