

# Monday Pre-Intermediate West Coast Swing Schedule For Aug/ & Sept. (Formaly Called Level 2)

If you learn MOST of these patterns, you will be well prepared for moving on to Intermediate Level classes. It does not matter when you start the program, as it will repeat every two months. Those who learn all of these, will receive a **CERTIFICATE OF ACCOMPLISHMENT**.



## ***Single Patterns***

## ***Combo Patterns***

<b>Aug. 1</b>	Sugar Tuck	Inside Whip, Catch In Closed Pos. With Throw Out
<b>Aug. 8</b>	Review Understanding The Music (The Beat) & Rhythm Breaks.	
<b>Aug. 15</b>	Cut Off, Rolling Surprise Whips	Two Handed Tuck Turn Into Lock Whip Out
<b>Aug. 22</b>	Rolling Left Side Pass Whip With Single & Double Turns	Traveling Whip Into Throwout, Rolling Or Tuck
<b>Aug. 29</b>	Single Yo-Yo	Lockwhip With Man's Turn Into Reverse Whip
<b>June 27</b>	Man's Underarm pass	Continuosos Whip
<b>Sept. 5</b>	Underarm Pass With Man's Turn	Strut Turns, Skater, Wrap & Right Open
<b>Sept. 12</b>	Cement Mixer	Rolling Side Pass With Man's Turn With Hand Change Into Into Cross Hand Tuck Or Pass
<b>Sept. 19</b>	Same Side Whip	Tuck Turn, Catch On Hip Into Inside Turn Out
<b>Sept. 26</b>	Sugar Tuck	Inside Whip, Catch In Closed Pos. With Throw Out
<b>Oct. 3</b>	Review Understanding The Music (The Beat) & Rhythm Breaks.	

### ***PLEASE BE PATIENT WITH YOURSELF.***

West Coast Swing Is One Of The Greatest Dances & Our Most Popular Dance. It usually takes at least 16 sessions of pre-intermediate lessons for most people. If you can't come every week, it may take longer. Plus you should practice at least 3 hours per week (Lessons don't count as practice). Once you are comfortable with these then you are well on your way to understanding and having fun with this dance.