

dance Bethesda

American Bronze East Coast Swing Syllabi.

| Level I | I | FP | T | L.F | S | C |
|--------------------------------------|---|----|---|-----|---|---|
| Basic | | | | | | |
| Basic Turning to Right | | | | | | |
| Basic Turning to Left | | | | | | |
| Throwout | | | | | | |
| Underarm Turn | | | | | | |
| Underarm Release from Basic | | | | | | |
| Level II | | | | | | |
| Tuck In-Handshake | | | | | | |
| Tuck In-Double Handhold w/ Free Spin | | | | | | |
| Alternating Underarm Turns | | | | | | |
| Shoulder Check | | | | | | |
| Level III | | | | | | |
| Cradle | | | | | | |
| Cradle to Hammer Lock | | | | | | |
| Sugar Push Throwout | | | | | | |
| Double Face Loop | | | | | | |
| Level IV | | | | | | |
| Opposition Break and Roll Out | | | | | | |
| Whirlpool | | | | | | |

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| I/Introduction F.P/Foot Positions T/Timing L/F/Lead and Follow S/Style C/Checked |
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