

dance Bethesda

American Bronze West Coast Swing Syllabi

Level I	I	FP	T	L.F	S	C
Underarm Turn						
Left Side Pass						
Sugar Push						
U.A.T. to Right Side Pass						
Tuck-In from Left Side Pass						
Level II						
Tuck-In from Right Side Pass						
Half Whip and Throw Out						
Basic Whip						
Level III						
Whip with Inside Turn						
Whip with Outside Turn						
Whip with Check						
Level IV						
U.A.T. with Leader's Loop to Right Side Pass						
Sugar Push Point						
Lock Whip						
Continuous Whip						

January 2015

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