

Free Style Ballroom Amalgamations

1. BASIC ROCK (TWICE) ;;;
2. BASIC ROCK - LINK ROCK ;;;
3. FALLAWAY THROWAWAY - LINK ROCK ;;;
4. FALLAWAY THROWAWAY - CHG L to R ;;;
5. CHG PLACES R to L - CHG PLACES L to R ;;;
6. BASIC ROCK - CHG HANDS BHD BACK ;;;
7. BASIC ROCK - WINDMILL ;;;
8. BASIC ROCK - AMERICAN SPIN ;;;
9. BASIC ROCK - AMER SPIN (Both Spin) ;;;
10. RIGHT TURNING FALLAWAY (TWICE) ;;;
11. BASIC ROCK - SPANISH ARMS ;;;
12. SHE GO, HE GO - BASIC ROCK ;;;
13. BASIC ROCK - HIP BUMP ;;;
14. BASIC ROCK - SOLE TAP ;;;
15. (CP) MARCHESSI ;;;;

SINGLE SWING (JIVE)

[Timing is 4/4] Most figures are done in 1 1/2 measures.

Single Swing (or Jitterbug) timing is QQSS and is usually done to fast music, around 40 or more measures per minute.

Figures are done with soft knees. Rock-Recover steps are taken with a forward poise and on the ball of the foot.

Rock-Recover steps, which start most figures, may be done as Rock Back to SCP, Rec or Rock Apart, Rec to Left Open Facing Position.

CENTRE ROUNDS

Sponsor:
Centre Region Parks & Recreation
(231-3071)
Instructors:
Carter & Ruby Ackerman
(238-8949)

CENTRE ROUNDS

Introductory Single Swing Basics

Carter & Ruby Ackerman



Spring 2004

SINGLE SWING

INTRODUCTORY BASICS

American Spin	Link Rock
Basic Rock	Marchessi
Chg Hands Behind Back	Right Turning Fallaway
Change L to R	She Go, He Go
Change R to L	Sole Tap
Fallaway Rock	Spanish Arms
Fallaway Throwaway	Windmill
Hip Bump	

DEFINITIONS

AMERICAN SPIN [L Open Facing Pos]

M: Rk Apt L, Rec R, Sd L, -; Sd R, -,
W: Rk Apt R, Rec L, Sd R spinning RF one full turn, -;
Sd L, -,

[Option: Man can also spin (LF)]

BASIC ROCK [L Open Facing Pos]

M: Rk Apt L, Rec R, Sd L, -; Sd R, -,
W: Rk Apt R, Rec L, Sd R, -; Sd L, -,

CHANGE HANDS BEHIND BACK [L Open Facing Pos]

M: Rk Apt L, Rec R, Fwd L turning 1/4 LF, -; Sd & Bk R turning 1/4 LF to Fc Ptr, -,
W: Rk Apt R, Rec L, Fwd R turning 1/4 RF, -; Sd & Bk L turning 1/4 RF to Fc Ptr, -,

[M changes W's R hand to his R hand on the 1st slow step and back to his L hand on the 2nd slow step.]
[Figure turns 1/2]

CHANGE (PLACES) LEFT TO RIGHT [L OP FC Pos]

M: Rk Apt L, Rec R, Sd L turning 1/4 RF, -;
Sd R to fc Ptr, -,
W: Rk Apt R, Rec L, Fwd R turning 3/4 LF under joined Lead hands, -; Sd L to fc Ptr, -,

CHANGE (PLACES) RIGHT TO LEFT [CP or SCP]

M: Rk Bk L to SCP, Rec R, Sd L turning 1/4 LF, -;
Sd & Fwd R to L OP FC Pos, -,
W: Rk Bk R to SCP, Rec L, Fwd R turning 3/4 RF under joined Lead hands, -; Sd & Bk L, -,

FALLAWAY ROCK [CP or SCP]

M: Rk Bk L to SCP, Rec R to fc Ptr, Sd L, -; Sd R, -,
W: Rk Bk R to SCP, Rec L to fc Ptr, Sd R, -; Sd L, -,
[May start and/or end in either CP or SCP]

FALLAWAY THROWAWAY [SCP]

M: Rk Bk L, Rec R, Fwd & Sd L, -; Fwd & Sd R to Fc Ptr, -,
W: Rk Bk R, Rec L, Fwd & Sd R turning 1/2 LF, -;
Sd & Bk L to Fc Ptr, -,

HIP BUMP [L Open Facing PosPos.]

M: Rk Apt L, Rec R turn 1/4 RF, Sd L touching M's L & W's R hips, -; turning 1/4 LF to Fc Ptr Back R, -,
W: Rk Apt R, Rec L turn 1/4 LF, Sd R touching hips, -; turning 1/4 RF to Fc Ptr Back L, -,

LINK ROCK [L Open Facing Pos]

M: Rk Apt L, Rec R, Fwd L, -; Sd R to CP, -,
W: Rk Apt R, Rec L, Fwd R, -; Sd L to CP, -,
[Can turn as much as 1/2 RF]

MARCHESSI [Closed Pos.]

M: L Heel Fwd, Rec R, L Toe Bk, Rec R; Heel, Rec, Heel, Rec; Toe, Rec, Heel, Rec; Toe, Rec, Toe, Rec;
W: R Toe Bk, Rec L, R Heel Fwd, Rec L; Toe, Rec, Toe, Rec; Heel, Rec, Toe, Rec; Heel, Rec, Heel, Rec;
[M's R & W's L foot remains in place as weight is shifted]
[M's L & W's R hands joined below waist with M's palm up & W's palm down. As M's L & W's R foot go fwd or back, the joined hands move in the same direction about 6 to 8 inches.]

RIGHT TURNING FALLAWAY [CP or SCP]

M: Rk Bk L to SCP, Rec R to fc Ptr, Sd & Fwd L turning 1/4 RF, -; Sd R turning 1/4 RF, -,
W: Rk Bk R to SCP, Rec L to fc Ptr, Sd & Fwd R turning 1/4 RF, -; Sd L turning 1/4 RF, -,
[May start and/or end in either CP or SCP]
[Figure turns 1/2]

SHE GO, HE GO [L Open Facing Pos]

M: Rk Apt L, Rec R, Fwd L turning 1/4 RF to look at woman's back, -; Fwd R turning 3/4 LF under Lead hands to fc Ptr, -,
W: Rk Apt R, Rec L, Fwd R turning 1/4 LF under Lead hands, -; Bk L turning 1/4 LF to fc Ptr, -,
[Figure turns 1/2]

SOLE TAP [L Open Facing PosPos.]

M: Rk Apt L, Rec R turn 1/4 RF, Sd L touching M's L & W's R hips, -; turning 1/4 LF to Fc Ptr Back R, -,
W: Rk Apt R, Rec L turn 1/4 LF, Sd R touching hips, -; turning 1/4 RF to Fc Ptr Back L, -,

SPANISH ARMS [BFLY Pos.]

M: Rk Bk L, Rec R turning 1/4 RF, Sd L turning 1/4 RF, -; Sd R to Fc Ptr, -,
W: Rk Bk R, Rec L turning 1/4 LF under Lead hands, Sd R turning 3/4 RF, -; Sd L to Fc Ptr, -,
[Do not lower raised (Lead) Hands]
[Figure turns Right Face 1/2]

WINDMILL [BFLY Pos]

M: Rk Bk L, Rec R, Fwd L turning 1/4 LF, -; Sd R turning 1/4 LF to Fc Ptr, -,
W: Rk Bk R, Rec L turning 1/4 LF, Sd R turning 1/4 LF to Fc Ptr, -; Sd L, -,
[Figure turns Left Face 1/2]

ABBREVIATIONS

S (Q): Slow (Quick)	COH: Center of Hall
Fwd: Forward	LOD: Line Of Dance
Bk: Back	RLOD: Reverse LOD
Sd: Side	BFLY: Butterfly Position
Tch: Touch	SCP: Semi-Closed Position
Cl: Close	OP: Open Position
M: Man	CP: Closed Position
W: Woman	Rk: Rock
L (R): Left (Right)	Rec: Recover
LF(RF): L Face (R Face)	Apt: Apart
Fc: Face	Chg: Change
Ptr: Partner	Bhd: Behind
L OP FC: Left Open Facing Position	

; Semicolon indicates end of a measure
, Comma divides a measure into counts
- Dash indicates a Hold beat

INTRODUCTORY SINGLE SWING DANCE

HELLO DOLLY (Ackerman)

SEQUENCE: INTRO A B A B ENDING

INTRO: (OP/LOD) WAIT 2 MEAS;; CIRCLE 4;;(CP/Wall)

A: (CP/Wall) SD TCH SD; (SCP/LOD) FALLAWAY THROWAWAY - LINK ROCK ;;; (SCP/LOD) CHG R to L - CHG L to R ;;; (L OP FC/Wall) HIP BUMP - LINK ROCK ;;; (SCP/LOD) R TURNING FALLAWAY (Twice) ;;; (SCP/LOD) FALLAWAY ROCK - SOLE TAP ;;;

B: (L OP FC) BASIC ROCK - CHG HANDS BHD BK ;;; BASIC ROCK - CHG HANDS BHD BACK ;;; (L OP FC/Wall) BASIC ROCK - AMER SPIN ;;; (BFLY/Wall) BASIC ROCK - WINDMILL ;;; (BFLY/COH) WINDMILL - BASIC ROCK ;;; (BFLY/Wall) SLOW ROCK APT REC; (CP/Wall)

ENDING: (CP/Wall) MARCHESSI (Point LOD on last note)

CENTRE ROUNDS

Sponsor:
Centre Region Parks & Recreation
(231-3071)
Instructors:
Carter & Ruby Ackerman
(238-8949)