

1928 LINDY HOP

As danced by "Shorty" George Snowden and fellow Savoy Ballroom dancers in the late twenties.

Taught by Richard Powers at Catalina 2011

Music: Charleston or 1920s classic jazz, 4/4 time, approximately 100 bpm.

Formation: Couples in closed ballroom position (he may hold her R hand close to his spleen).

Basic Charleston Lindy Step Counts 1-2: Leader steps side L. Ct 3: cross R closely behind L, rocking back on it. Count 4: Return weight to L foot in place. S-QQ timing. Repeat to the other side, beginning side R. Follower begins with side R. This may slightly turn in place clockwise or CCW.

Turning Basic: Turn as a couple a full rotation clockwise. On count 1, the Follower steps straight forward R, between Leader's, in Closed Position. She no longer rocks behind on counts 3-4, but does two quick running steps traveling around him, side L and slightly crossing R over L. Her 2nd bar is the Basic above, with the rock step.

Push-Pull On counts 7-8 (rock step), push back away from partner with hands, keeping other arms in Closed Position.

Sidekick Same as the Push-Pull, but the man kicks his L foot out to the left side on count 7 instead of doing the rock step, and he kicks his L foot out to the left side on ct 7 instead of doing the rock step.

Swing-Out On ct 6, he releases her with his R arm, keeping his L (her R) hand. She falls back to single-hand hold as both do their rock-step on cts 7-8. Pull back into closed position on ct. 1.

We didn't do this one, but this is how it goes:

Heel Rock On counts 7-8, he lets go of her with his R arm, keeping held hands, as they both rock back onto their heels, in swing-out position (at arms-length) He may throw his R wrist up.

Scissors On count 5, he twists sharply to his left, opening her away to the right, crossing his R over his left, weight on both feet evenly. He slides or jumps into second position (feet apart) on count 4, with weight mostly on his R.

Charleston Kicks On count 3, he lifts his R forward to the right side as she swings her L back. This replaces the rock step. On count 7, he kicks his L back as she swings her R forward. This may slightly turn in place CCW.

Six-Count Holding his partner closely, he sways forward onto his L on counts 1-2, back R on cts. 3-4, does a rock step L behind his R on count "&" just before 5, then steps in place R on counts 5-6.