

SWEET LINDY

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Sweet Lindy is Lindy Hop done to slow, easygoing music (around 116-124 bpm). You're a little closer to your partner throughout, taking smaller steps. It's sweet, maybe even affectionate, but easygoing and very casual.

Most importantly, at this tempo, and with this kind of natural easygoing partner connection, a new family of Lindy Hop figures can be done, that would be brutal at faster tempos. All of the usual figures work as well, except Charleston kicks. It's fun to make a small change in energy level and get such a large difference in effect out of it.

However, do keep the Lindy Hop style of grounded steps. It's creative to steal figures from salsa or Club Two-Step, but maintain a swing style.

LINDY HOP 8-COUNT

The timing is rock-step, triple step, step-step, triple step.

Double, triple, double, triple.

In closed "waltz" position, you did a rock step then a triple step to the middle of the room. Then you took 2 steps in place, then did a triple step back to place. Repeat.

LINDY CIRCLE

It's the same step rotating a full turn clockwise.

In closed position, you did a rock step then a rotating triple step, with the Lead backing in front of the Follow. Then you took 2 steps in place while continuing to rotate, then did a triple step back to place, with the Follow passing by the Lead.

DOUBLE ROCK STEPS

There is a family of variations where the Double on counts 5-6 is a rock step on the other foot. Many of these end up being two swing figures in the time of one Lindy basic.

SLIDING DOORS (Side Passes)

From swingout position, rock step then the Lead brings the Follow laterally across in front of himself, leading her to pass in front of him, facing away from him, as he scoots toward his left behind her. The passing is a triple step. Then take opposite swingout hands and rock step on the other foot. Repeat back to places. It's best if the Follow rotates and backs up into her rock step.

SURPRISE SPIN EXIT

In the middle of the first pass, the Lead stops her, with both hands, gently from behind, on 5-6, then free-spins her CW straight forward on 7&8. She usually turns CW once and a half

LOOP TURN / WAIST SLIDE

Rock step then Follow's Inside Turn (Loop Turn). Keeping the same swingout hand, rock step on the other foot then Lead's Waist slide.

LOOP TURN / LEAD'S UNDERARM TURN

The exact same figure with a raised hand on the second half. The Lead goes under his L arm as he backs in front of the Follow.

LOOP DE LOOPS (Chained Inside Turns)

This is the exact same figure beginning with open two-hand hold. This means the Follow is doing a Waist Slide when she backs in front of the Lead. Catch both hands again for the rock step, then do a Lead's Waist Slide, raising the rear arms as he backs in front of her.

CROSS-BODY SENDOUT

In closed position, Rock step at a 90° angle, travel triple with your partner, then the Lead guides her cross-step L on count 5, to send her to swingout position.

SHOULDER CATCH

He can lead her into an inside Loop Turn but he catches her gently w/ his R arm, lets her rock back, then sends her back out.

TRIPLE STEP FLIP FLOPS

From closed position, rock step releasing held hands, then the Lead gently tosses the Follow over in front of himself into his opened L arm, facing partner, with a triple step. His toss rotates her CCW so that she backs up into his awaiting L arm. Repeat opposite, back to place.

GETTING TO CROSSED HANDS

At the end of Loop Turn / Waist Slide, the Lead offers his R instead of usual L hand to his partner's R hand, immediately taking L hands crossed over R if you're going to do Windows.

WINDOWS

This begins with crossed hands, L over R.
Rock step, then he leads her to back in front of him with an Inside Turn, rotating CCW, as he travels toward his left, rotating CW. She rotates $\frac{3}{4}$ of a turn and he rotates $\frac{1}{4}$ of a turn.
The name means you're looking at your partner through the arch of a window during each rock step.