

Non-Swing Content	Swing Content	Characteristics of the 3 Most Popular Swing Dances at The US Open
<p>Any identifiable dance other than swing:</p> <ul style="list-style-type: none"> American and International Ballroom Latin and Smooth including not limited to: Cha Cha, Foxtrot, Paso Doble, Rhumba, Quickstep, Viennese Waltz Ballet Ballroom Smooth & Latin Ceroc Country Two-Step Hip Hop Hustle Night Club Two-Step Tango Waltz Zouk <p>Floor Work:</p> <ul style="list-style-type: none"> Any part of the body part, other than a foot, contacts with the floor: head, shoulders, arms, hands, ribs, back, chest, abdomen, buttocks, thighs, knees, etc. <p>Spins:</p> <ul style="list-style-type: none"> coffee grinder excessive spin sequences one footed spin <p>Tricks:</p> <ul style="list-style-type: none"> Acrobatic moves: cartwheels, somersaults Aerials (air steps) Drags/Pushes 	<p>Identifiable Swing Dances:</p> <p><i>While there is collegial disagreement about the exact number, most swing professionals agree there are well over 20 different swing dances:</i></p> <ul style="list-style-type: none"> Balboa, Bal Swing, Big Apple, Little Apple, Boogie Woogie, Bop, Carolina Shag, Charleston, Collegiate Shag, Country Western Swing, Dallas Push, DC (Washington) Hand Dancing, Double Time Swing, East Coast Swing, Houston Whip, Jitterbug, Jive/Skip Jive, Lindy (Flying Lindy including “Hollywood” and “Savoy” styles), Pony Swing, Rockabilly, Shim Sham, Single Time Swing, St. Louis Imperial Swing, West Coast Swing Swing has a foundation of 6-beat and 8-beat patterns that incorporate a wide variety of rhythms built on 2-beat single, delayed, double, triple, and blank rhythm units. The 6-beat patterns include, but are not limited to passes, push-breaks, open-to-closed, and closed-to-open position, tuck and turn and underarm turn patterns. The 8-beat patterns include, but are not limited to, whips, swing-outs, Lindy circles, and Shag pivots. 	<p>West Coast Swing:</p> <ul style="list-style-type: none"> Action/Reaction Anchors-- 2 beat pattern ends a pattern Compression Connection Elasticity Leverage Resistance Stretch Danced in a shared slot Follower walks forward on 1-2 The Leader primarily stays in the middle of the slot and the Follower travels back and forth. However, for presentation purposes, Leaders may bend and scroll the slot but there should be some evidence of the basic- foundation throughout the routine Pulse (accent) on the Upbeat (2,4,6,8). <p>Carolina Shag:</p> <ul style="list-style-type: none"> The “Accordion” small and large. Couples move toward each other and away Connection is light Danced in a slot Feet massage the floor Hand movement is still. Exception: Hands/arms can move in a choreographed routine Mirror Steps (in front of each other) Patterns are called out while dancing

Non-Swing Content (cont'd)	Swing Content (cont'd)	Characteristics of the 3 Most Popular Swing Dances at The US Open (cont'd)
<p>Tricks (cont'd):</p> <ul style="list-style-type: none"> • Drops • Lifts • Splits <p>Ballet Moves:</p> <ul style="list-style-type: none"> • Arabesque • Battlement – bat-mahn • Attitude • Etc. <p>Ceroc/Modern Jive:</p> <ul style="list-style-type: none"> • Repetitive Walking <p>Contemporary/Modern Dance:</p> <ul style="list-style-type: none"> • Interpretative moves/Lyrical <p>Tutting:</p> <ul style="list-style-type: none"> • Hand/finger dancing <p>Voguing:</p> <ul style="list-style-type: none"> • Posing <p>Zouk:</p> <ul style="list-style-type: none"> • Excessive head rolls, split weight 	<ul style="list-style-type: none"> • 2- beat and 4-beat extension rhythm breaks may be incorporated to extend a pattern, to phrase the music, and/or to accent breaks. • It is recommended although not mandatory that competitors choose music with a swung rhythm or music that is strongly rhythmic to support and encourage a higher “swing content percentage.” • Recommend 4/4 Time 	<p>Carolina Shag (cont'd):</p> <ul style="list-style-type: none"> • Pivot. 8-beat pattern (toes go where nose goes, or feet go where head goes), fast circular motion. • Most patterns start with a back-together-back (preferred movement) however, there are times dancers begin a step out of the middle of a Pivot or after spins. • Side by side moves (steps match). • Upper body is still while action is in smooth footwork. No head movement. • It is common for dancers to look down. <p>Lindy Hop:</p> <ul style="list-style-type: none"> • Aerials • Back flips • Circular Dance • Matched footwork • Rock Step Shine Steps • Knee Slaps • Suzi Q's • Truckins • Twists • Shorty George • Swing Out

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