

ONLINE EAST COAST SWING TEACHING VIDEOS

Also called The Jitterbug, East Coast Swing is the official "sock hop" swing dance for jump blues. East Coast Swing is a circular, rotating swing dance that has many wraps, tunnels, and turns. The basic step is: triple step, triple step, rock step. The music is diverse and includes oldies (Elvis and Chuck Berry), jump blues, country, big band, and top 40. East Coast Swing is a versatile dance suitable for both the ballroom and the bar room. With a wide range of music to choose from you can swing to almost anything. Swing music is written in 4/4 time with a tempo of 145-170 beats per minute. Since this is a quick dance, the steps should be small and light.

West Coast Swing is danced to the blues and contemporary music; typical West Coast Swing artists are Bonnie Raitt, Tracy Chapman, John Lee Hooker, Eric Clapton, Taj Mahal, and Joe Cocker. It is danced in a "slot", which means the follower moves back and forth around the leader in a straight narrow path known as a "slot". Leaders and followers must each know their steps independent of each other, and for this reason West Coast Swing is known as a "smart" dance. West Coast Swing is playful, sensual, earthy dance with syncopated rhythm which can be a bit tricky to pick up at first. At advanced levels, the follower has more autonomy and control over her steps than in any other ballroom dance.

Here's some of the similarities and differences between East Coast Swing and West Coast Swing:

Similarities	
type of dance	both are touch partner dances. both are dances derived from Lindy Hop, the original swing dance that arose in the late 20's and early 30's.
music	there is some overlap in the tempos and specific music that they can be danced to.
movement	neither dance progresses around the floor. both tend to be spot dances, though Lindy Hop (which is one type of East Coast Swing) often involves some traveling.
lead/follow	both involve a leader and a follower.
frame	both include closed positions (where the partners are holding each other) and open positions (where they are loosely connected or separate)

Differences		
	East Coast Swing	West Coast Swing
when originated	late 1920's & early 1930's.	1940's.
derivative of	Charleston &	Lindy

	possibly old time Two Step.	
variants	Lindy Hop, Lindy, Jitterbug. City Swing, etc.	West Coast Swing (no major variations).
overall movement	not in a slot, rounded, tends to be free, often has a vertical bounce.	in a slot linear, tends to be controlled, tends to be smooth.
count for typical basic step	Lindy Hop (8). Lindy (6, 8). Jitterbug (6).	West Coast Swing (6, 8).
characteristic music	classic swing, jump blues.	rhythm & blues.
typical speed of music	fast or very fast (though can be medium).	medium.

East Coast Swing Instruction Videos

East Coast Swing - Primer 01 Basic Step Close

<http://www.youtube.com/watch?v=BuCqgF90HFs>

East Coast Swing - Primer 02 Basic Step Open

http://www.youtube.com/watch?v=O_r89j343t8

East Coast Swing - Primer 03 Basic Step Open To Close

http://www.youtube.com/watch?v=_BWDEbbstBU

East Coast Swing - Primer 04 Tuck Turn

http://www.youtube.com/watch?v=IOBI_Qk6O6E

East Coast Swing - Primer 05 Underarm Turn

<http://www.youtube.com/watch?v=45YOQUGnlGo>

East Coast Swing - Primer 06 Back Pass

<http://www.youtube.com/watch?v=vqTepIjt9Y>

East Coast Swing - Primer 07 Combination

<http://www.youtube.com/watch?v=JT-Inyk96dM>

East Coast Swing - Primer 08 Triple Steps

<http://www.youtube.com/watch?v=oVyIRtAzScU>

Instructional East Coast Swing Girls Footwork (Part 1a)

<http://www.youtube.com/watch?v=qH25MjqITw>

Instructional East Coast Swing Boys Footwork (Part 1b)

<http://www.youtube.com/watch?v=GPziXQZ8IRM>

Instructional East Coast Swing With Music, Together (Pt 2)

<http://www.youtube.com/watch?v=LC16vWxI7-U>

Instructional East Coast Swing Moves (Part 3)

<http://www.youtube.com/watch?v=JPfcXkROH8s>

Instructional East Coast Swing Dips/Tricks (Part 4)

<http://www.youtube.com/watch?v=Y83tOe9KEKO>

Anyone Can Dance East Coast Swing - Intermediate Level - Cuddle

<http://youtube.com/watch?v=IExjEOIKJRK>

East Coast Swing Moves

Variations of lollies

<http://www.youtube.com/watch?v=mwsdCxR8Zm4>

Inside Turns

<http://www.youtube.com/watch?v=weZvSSkRnoo>

Cuddle with sendout and free spin

<http://www.youtube.com/watch?v=eAK8sEazRAK>

Drape with duck under-arm turn

<http://www.youtube.com/watch?v=IXAQqb3vix0>

Wrench with double turn

<http://www.youtube.com/watch?v=UuplpstrT1s>

Cuddle w/ reverse sendout and double turn

<http://www.youtube.com/watch?v=e6R50JZaX3I>

Oblivion turn w/o dropped hands

http://www.youtube.com/watch?v=_FeaFQfRnic

Turn for lead

<http://www.youtube.com/watch?v=LvDMCb-Id3o>

Open position - Tuck turn followed by an inside turn

<http://www.youtube.com/watch?v=jIFb2wHmdIQ>

Open position - Outside Turn

http://www.youtube.com/watch?v=1mKp_kbnGyc

Open position - Tuck Turn (outside/inside)

<http://www.youtube.com/watch?v=0yAn6o1t9r4>

Drape w/ free spin

http://www.youtube.com/watch?v=PV8O_QVSWJY

Double inside turn

<http://www.youtube.com/watch?v=uBLyxEe12fI>

Free spins (open: inside/outside & closed: inside/outside)

<http://www.youtube.com/watch?v=XKaJnzApGeg>

Open position - Cuddle with a sendout and a lean

<http://www.youtube.com/watch?v=ivzaSuzk4j8>

Cuddle w/sendout and double push-off

http://www.youtube.com/watch?v=m_xZDZD7eCw

Cuddle w/reverse sendout

<http://www.youtube.com/watch?v=nsMu6Lo3za4>

East Coast Swing Demonstrations

East Coast Swing @ UWO

<http://www.youtube.com/watch?v=uL3u-d8STmA>

Videos can be useful, but you are likely to acquire much more expertise by attending a few dance classes, either at one of the Senior Centers or at one of the local dance studios. Dance class resources are listed near the end of the attached "DANCE SCHEDULE". In Kingsport, the Senior Center's Ballroom Class meets every Friday evening, 5:00-6:30, in the cafeteria. There is no charge for these classes if you are a member of the Kingsport Senior Center.