

ONLINE WEST COAST SWING TEACHING VIDEOS

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 & possibly old time Two Step.	Lindy
variants	Lindy Hop,	West Coast Swing

	Lindy, Jitterbug. City Swing, etc.	(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.

West Coast Swing Basics

West Coast Swing

<http://www.learntoballroomdanceonline.com/public/department41.cfm>

1 Basics of the Dance ! West Coast Swing.

http://youtube.com/watch?v=GVDQaWPr_mU

2 Basics of the Dance ! West Coast Swing

<http://youtube.com/watch?v=qYGUdI3hkwg>

Online West Coast Swing Dance Lesson

<http://youtube.com/watch?v=tar4V4t4ADA>

West Coast Swing Lesson with Ramero Gonzales!

<http://youtube.com/watch?v=uSC6DlbtJKY>

West Coast Swing Lesson Combination #1

<http://youtube.com/watch?v=gEvyR1lu3Ys>

West Coast Swing Lesson - Mary Ann Nunez

<http://youtube.com/watch?v=e7GX3Cv0ZoA>

West Coast Swing Demonstrations - There are hundreds of demonstration videos of West Coast Swing on youtube.com. A few samples are here:

West Coast Swing (Richard & Melissa, 2006-04-03)

http://www.youtube.com/watch?v=hk_17vLycV8

Heidi Groskreutz and Eric West Coast Swing performance

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

West Coast Swing dancing Parker Dearborn & Jessica Cox

http://www.youtube.com/watch?v=_s2qGRwQnm8

West Coast Swing Advanced J&J Part 1

<http://youtube.com/watch?v=CCwhsW4HIis>

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.