

Ballroom Dance Notes -- Swing (Jitterbug)

Jitterbug is a modern expression of the old ragtime. It is said to be Negroid in origin. More currently it is referred to as "Swing" and "Rock and Roll" has its origin from these basic steps. The syncopated quality, the livelier tunes, and the more open and informal positions and the less demand on the man to be a good leader, have all made "Swing" appealing. It varies in routine and style in practically every section of the country, but all routines and styles have a similarity in rhythm which makes it possible to find a common step which is basic to many variations.

Swing Rhythm

Swing is written in foxtrot time 4/4 and can be danced to any foxtrot tempo; however, the more syncopated tunes are more desirable. The rhythm pattern is slow, slow, quick, quick.

Swing Style

The style is different from the foxtrot because of the syncopated quality which varies with the individual dancer. The dancing position may be with closed position or the hand-hold position at hip height. The step should be small and under the body as a narrow moving base. Good swing requires a magnificent alertness to maneuver the open jitterbug variations.

Dance or Variation

Basic steps: Slow Slow Quick Quick - Broken Rhythm

| | 1-2 | 3-4 | 1 | 2 | |
|---------------------|-----|-------|-------|-------|---------|
| <u>Single Lindy</u> | | Swd L | Swd R | Ewd L | R in Pl |
| | | S | S | Q | Q |

Cue: Side Side Rock Step

| | | | | |
|---------------------|--------------------------|--------------------------|-------|---------|
| <u>Double Lindy</u> | Toe Heel (side-touch) | Toe Heel (side-touch) | bwd L | R in Pl |
| | S | S | Q | Q |

Cue: dig step dig step rock step

Triple Lindy Three little steps to each slow beat; similar to a fast two-step

| | |
|---|---|
| Swd L, Close R to L, Swd L (1 and 2) | Swd R, Close L to R, Swd R (3 and 4) |
| S | S |
| Bwd L | R in Pl |
| Q | Q |

Cue: Shuf - fle step, shuf - fle step, rock step

Style: Small shuffling steps, keep feet close to floor, weight on ball of foot

Continued -

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|---------------------|-------|-------|-------|---------|--|
| 1-2 | 3-4 | 1 | 2 | | |
| <u>Single Lindy</u> | Swd L | Swd R | Ewd L | R in Pl | |
| | S | S | Q | Q | |

Cue: Side Side Rock Step

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|---------------------|--------------------------|--------------------------|-------|---------|
| <u>Double Lindy</u> | Toe Heel (side-touch) | Toe Heel (side-touch) | bwd L | R in Pl |
| | S | S | Q | Q |

Cue: dig step dig step rock step

Triple Lindy Three little steps to each slow beat; similar to a fast two-step

| | |
|--|--|
| Swd L, Close R to L, (1 and 2) S | Swd R, Close L to R, Swd R (3 and 4) S |
| Bwd L R in Pl Q Q | |

Cue: Shuf - fle step, shuf - fle step, rock step

Style: Small shuffling steps, keep feet close to floor, weight on ball of foot

Continued...

Triple Twinkle (cont.)

Man - Bwd Bwd Tog
 1 2 3
 L R L

Lady - Fwd Fwd Pivot to Conversation
 1 2 3 Position
 R L R

Man - Fwd Sde Cl
 1 2 3
 R L R

Lady - Fwd Sde Cl
 1 2 3
 L R L

Hollywood Turn -- Man does Conversation Step

Fwd Fwd Fwd
 1 2 3
 L R L

And he leads lady in an underarm turn (turns to her right)

Then: Man - Cross in Front Sde Close
 1 2 3
 R L R

Lady- same as man but starts with L foot

Spanish Cross Forward and Backward --

Waltz box

S Cross L over R (lady steps right back of left) Right reverse position

S Slide R to side

S Close left with slight turn to L

S Cross R over L (lady steps left back of right) Left reverse position

S Slide L to side

S Close turning slight to R

Repeat to left and to right, follow with 4 waltz steps

Scissors Step --

Man - S Step L diagonally across of R
 S Step R swd (left reverse position)
 S Close L to R

S Step R diagonally across in front
 S Step L swd (right reverse position)
 S Close R to L

Lady- S Step R diagonally across in back of L
 S Step L swd
 S Close R to L

Repeat L diagonally across in back of R

Lead: Man leads into right reverse position from the back of a normal box step and is therefore ready to begin this pattern. He leads into each change of direction on the second beat of the measure.

Cue: cross side pivot
 cross side pivot

continued...

Weaving Step

Fwd L S Swd R S Cl L to R; Cross R over L S Swd L S Cl R to L;

Cross L over R S Swd R S

Cl L to R; Cross R over L, Swd L S Cl R to L S



Start

Lead: turn into open position for first step, man drops right arm and leads through with his left hand on the second cross step, then reverse to open position for third cross step

Note: cross steps are in front for lady also.