SWING !

Explanation of Rhythm and Movement Chart of Basic Jazz Dances (The following numbers correspond with those on the chart)

STEP in the Rhythm Chart means to change weight from one foot to the other. Double lines represent musical downbeats and light single lines represent musical upbeats. With four beats in a measure, the first and third are downbeats and second and fourth are upbeats.

A {	(1		2		count 1 -		-	2	one	one change of weight		
	1		2		n	1	-	2	two	changes	of	weight
	1	&	2		П	1	&	2	three	changes	of	weight
(1	&	2	&	11	1	&	2	& four	changes	of	weight

 Sometimes called Triple Lindy. The first three changes of weight is a quick "two-step" and is counted 1 & 2 or Q Q SLOW.

2. Sometimes called Single Lindy. Bounce means to bend both knees.

3. Notice that here the STEP is on the downbeat and the DIG is on the upbeat.

4. Now the DIG is on the downbeat and the STEP is on the upbeat. The DIG has a feeling of "holding" and has a different feeling quality when performed at different times.

5. Sometimes called Eastern Swing; it is a combination of line #1 and #4.

6. This is basic to Slop, Pony, and Hully-Gully - popular teen-age LINE dances.

7. This is an analysis of the Hora, the national folk dance of Israel. Although, basic movement and rhythm is similar to the American Jazz dance, the Hora has its own distinctive quality.

8. Rhythm and movement common to American Fox Trot and English Quickstep. The

speed or tempo of course varies.

LIST OF ABBREVIATIONS

L	Left (Side Direction)(Foot, Arm)	Fwd	Forward				
R	Right " " " "	F	Front				
LF	Left Foot	Bwd	Backward				
RF	Right Foot	В	Back, Back of, or Behind				
M	Man, Man's, Men	Swd	Sideward				
W	Woman, Woman's, Women	Diag.	Diagonal				
Ct	Count or Beat	LOD	Line of Direction, Line of Dance				
Cts	Counts	OLOD	Opposite Line of Direction				
Meas.	Measure (musical term indicating	OLOD	opposite time of birection				
11000	a grouping of beats)	CW	Clockwise				
&	"and" count(equal to $\frac{1}{2}$ beat or count)	CCW	Counter Clockwise				
CPos	closed dance position	SPos	side dance position				
OPos	open dance position	X	Cross (as XRB = Cross Right Foot Back of Left) Couffined				

	RHY	RHYTHM AND MOVEMENT CHART OF BASIC JAZZ (SWING) DANCES									75	
M 0	MOTS	OUICK OUICK		No. Co.	Step (Pull)	Step	Step	Step	Step	Step	Step (or Leap)	Step
S	SLOW	QUICK QUICK			Step (Push)	Step	Step	Step	Step	Step	Step (or Leap)	Step
M 0	SLOW	OUICK OUICK			Step	Bounce or Hold	Dig	Step	Step	Step	Hop and Kick	
S 1.	SLOW	QUICK QUICK			Step Step	Step	Step	Dig	Step Step	Kick	Jump (Both Feet)	Step
М	SLOW	OUTCK DUICK			Step	Bounce or Hold	Dig	Step	Step	Step	Hop and Kick	
(s I	SIOM	OUICK QUICK	ņ		1. Step Step	2. Step	3. Step	4. Dig	5. Dig	6. Kick	7. Jump (Both Feet)	8. Step