

Lovin' Lindy Class Descriptions

Accurate as of 8/26/09

Lindy Hop 101: The Basics (6-week course)

In this 6-week course, you will learn basic 6-count patterns, as well as the basic 8-count patterns which set Lindy Hop apart from East Coast Swing or Ballroom. Steps will include simple turns, passbys, the Swingout, the Lindy Circle, and basic '40s Charleston. Class can be repeated as often as necessary until you feel comfortable with all of the moves. This course is appropriate for beginners. View a demo of what we teach in this course on our Classes page.

NO EXPERIENCE NECESSARY! PERFECT FOR BEGINNERS!

[Click here to see our demo video on YouTube of everything we teach in 101 \(no counts or call-outs\).](#)

Blues 101 (4-week course)

This 4-week class will build your foundation to enjoy socially dancing the blues style. You will learn to step, pulse, slide, and communicate with your partner, without a word leaving your lips. It will focus on connection, musicality, counter balance, frame and, of course, some great moves. This course is designed to be taken again and again--each time will add different beginner & intermediate moves to your repertoire.

NO EXPERIENCE NECESSARY!

Swingout Seminar (4-week course)

If you already know 6-count East Coast Swing and want to learn or brush up on the foundations of Lindy Hop, this is the class for you! We'll spend 4 weeks breaking apart, molding, and refining your Swingout! You'll also learn some variations on the Swingout to broaden your dance vocabulary. Swing dancers never stop working on their Swingout, so no one is too advanced for this class!

PREREQUISITE: Lindy Hop 101: The Basics, or solid experience in East Coast Swing.

Lindy Hop 201: Intermediate Moves (4-week course, on rotation)

If you feel comfortable with the basic 6-count and 8-count steps that you learned in 101, and you are able to lead or follow them easily, you're ready to move on to this course. Examples of intermediate moves: Tandem Charleston, Switches and Swivels, Quick Stop, Texas Tommy, Shorty George, Suzy-Q, among others. This class will be on a rotation, with each 4-week series including different moves, so you can repeat it for as long as you need to without repeating material!

PREREQUISITE: Lindy Hop 101: The Basics OR at least 2 months of social dancing, AND a high level of comfort with 6-count and 8-count basics. Although not required, we highly recommend taking our Swingout Seminar prior to Lindy Hop 201.

Lindy Hop 301: Techniques for More Effective Dancing (4-week course)

When you are ready for this course, you have a wide variety of moves in your arsenal. You can lead patterns without throwing in a basic between each one, or you can follow with relative ease, especially if you already know the move. But your technique could use a little tweaking. Learn about connection, compression and tension, counterbalance, and frame, as we pick apart your repertoire. Be ready to get critiqued but come through stronger and a better dancer!

PREREQUISITE: Lindy Hop 101, Swingout Seminar, AND at least one series of Lindy Hop 201; OR at least one year of regular social dancing; OR permission of the instructors.

Lindy Hop 302: Spice Up Your Footwork with Styling (4-week course)

You are becoming a more advanced dancer, as you focus on the music and the connection with your partner. Your dancing looks effortless and smooth. Now let's get funky and play with the footwork! Learn some ways to spice up the moves you already know. This class will include alternate rhythm patterns for basic steps, swiveling at the hips, and other experimental movement. Get ready to take a risk and discover the freedom in styling.

PREREQUISITE: Lindy Hop 101, Swingout Seminar, AND at least one series of Lindy Hop 201; OR at least one year of regular social dancing; OR permission of the instructors.

Lindy Hop 401: Aerials and Airsteps -- Preparing for Performance (4-week course, on rotation)

THIS CLASS REQUIRES A PARTNER! Aerials and airsteps are not for the beginner or the faint of heart. These moves should not be done on the social dance floor, ever! You will learn moves that can be used during dance jams or performances. The class material will change with each section, so check the section number and take the class as often as you like. The nature of the class is very athletic, so you must be physically fit and wear comfortable clothing and shoes. NO HEELS OR SKIRTS/DRESSES!

PREREQUISITE: Lindy Hop 101, Swingout Seminar, Lindy Hop 301 (or similar), at least one year of regular social dancing, AND permission of the instructors. This class will have an audition process.