

Head Loops East Coast Swing

Pre-requisite

Completed Basic ECS instruction
(This is an advanced pattern)

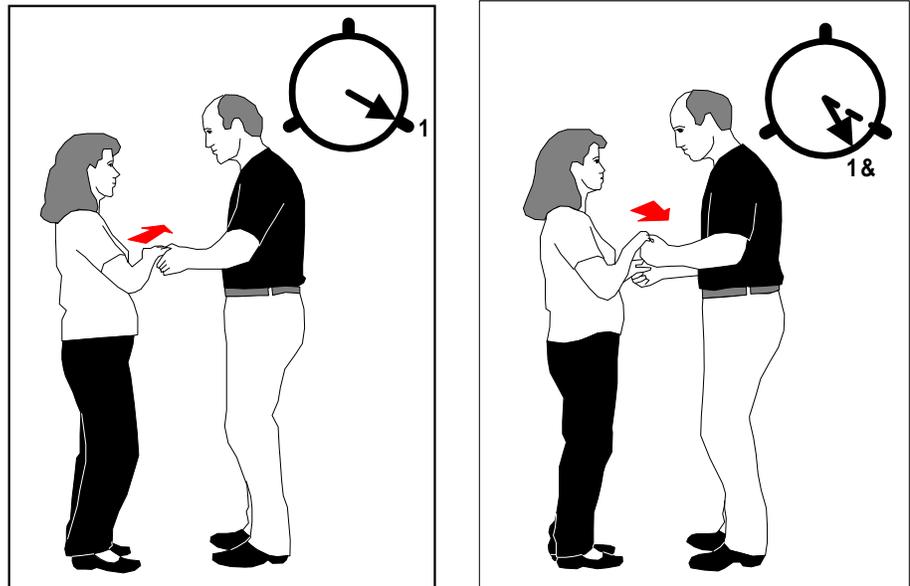
Introduction

Head loops is a series of moves combined to create the effect of arms looping over the head first of the lady and then of the gentleman. It is an amalgamation made up of distinct parts:

- Reverse two-handed underarm turn to a chain position,
- Walk around to a basket position,
- Head loops as the partners move in opposite directions, and
- Ending with an underarm spin for the lady.

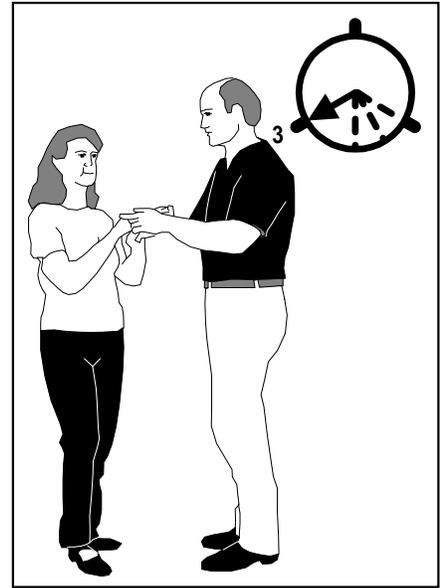
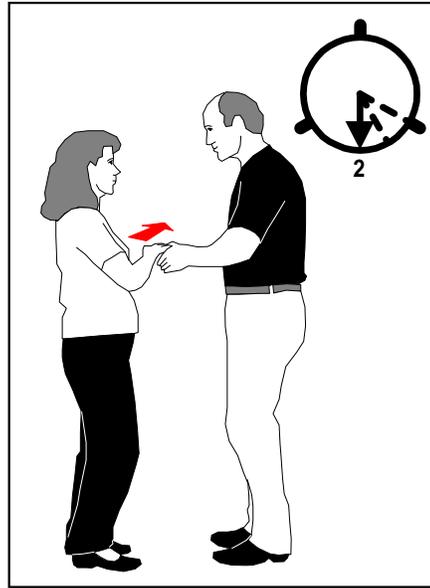
This pattern uses Lindy timing.

The Chain

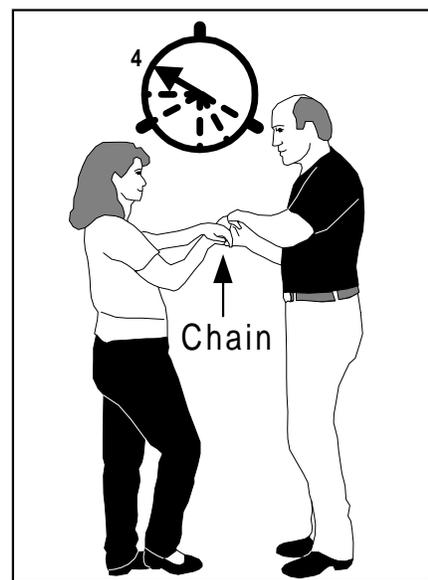
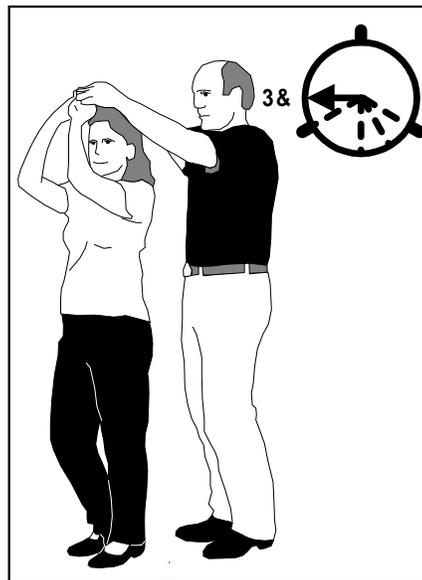


The pattern begins AFTER a rock step in open position.

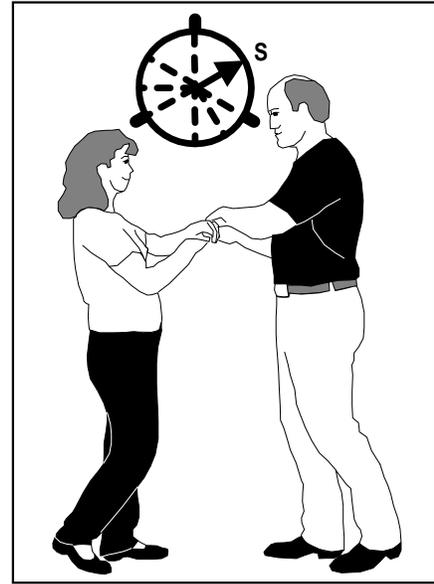
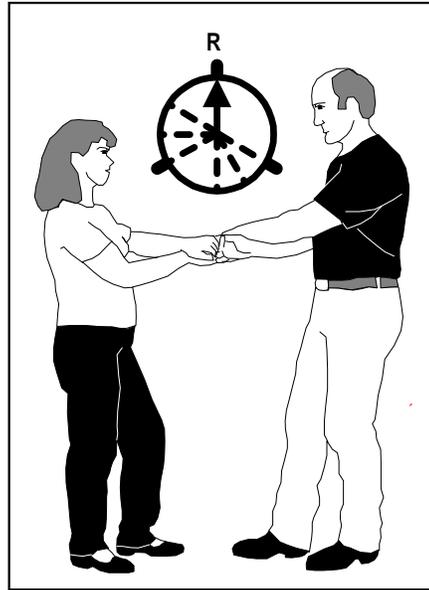
On the counts of 1, 1&, and 2, the gentleman guides the lady to turn to her left (his right) in a contra-posta move. That is he is on his left set, but guiding her to his right.



By the count of (2), he has her hands in front of his right shoulder. On the count of (3), he starts to turn her the other way in a two-handed over-the-head turn.

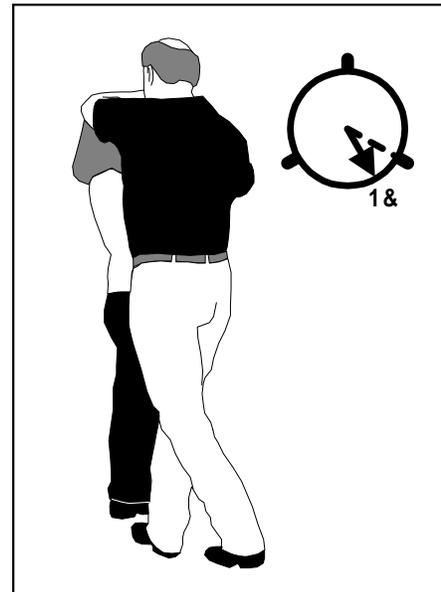
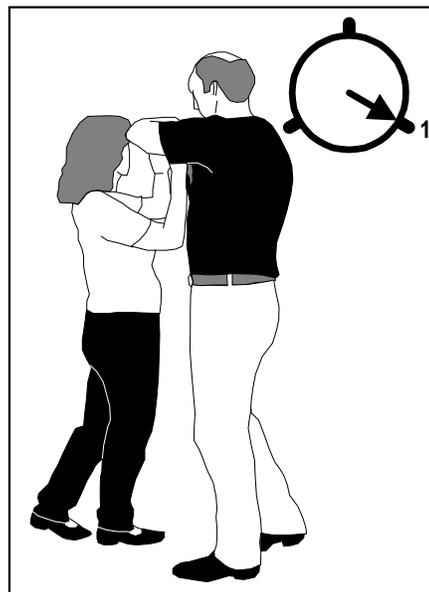


On the counts of (3& and 4), he completes leading her over-the-head turn and ends facing the lady with the partners hands laced in a chain. For both partners, it is left hand over the right and holding their partners hand left-to-right. This is called a full chain position.



The gentleman leads a rock step set here. This is the last rock step before the end of the head loops pattern. From this point on the gentleman will lead two sets of left and right sets.

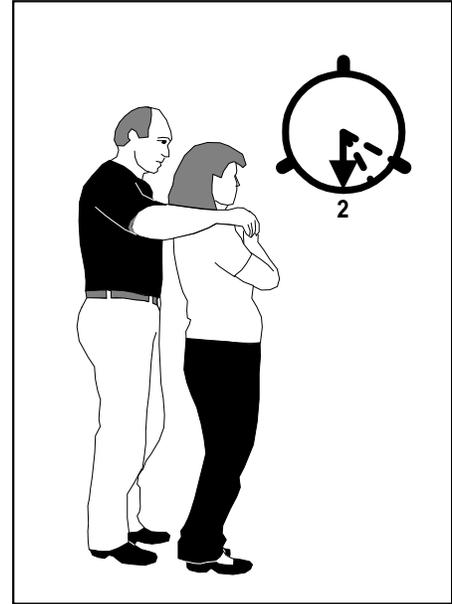
The Basket



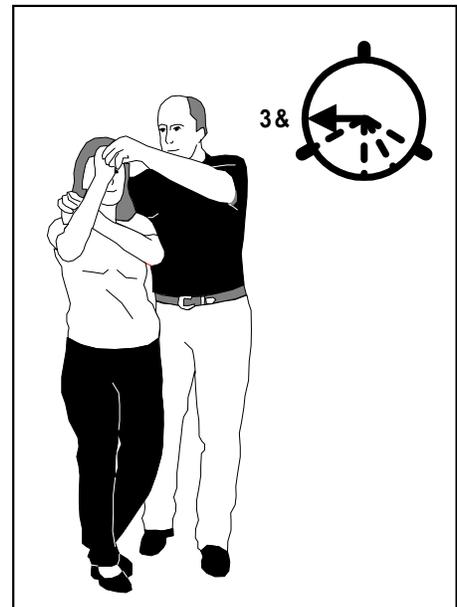
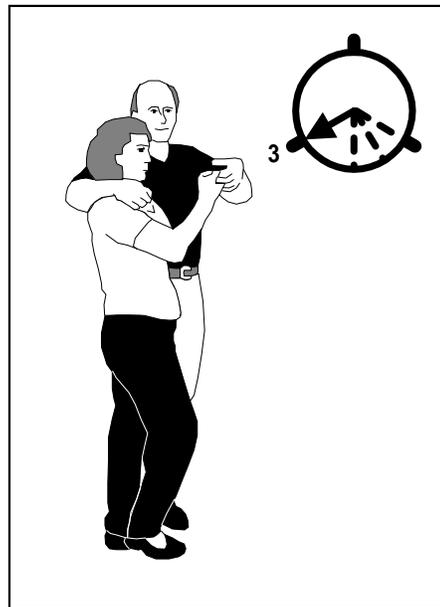
In the basket, the gentleman will move quickly clockwise around the lady in three steps (1, 1&, and 2) looping his left hand over her head as he holds his right hand near her waist. (This is not the head loops)

By the count of (2), the gentleman is parallel to and behind the lady to her left. His right arm is draped over her right shoulder holding her left hand. His left hand holds her right hand across her body.

This is called the basket position.

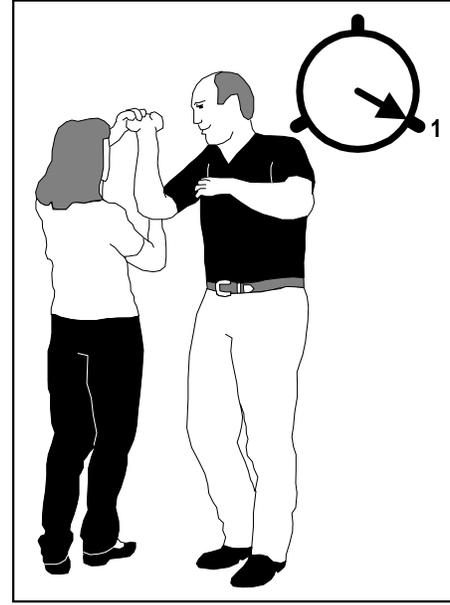
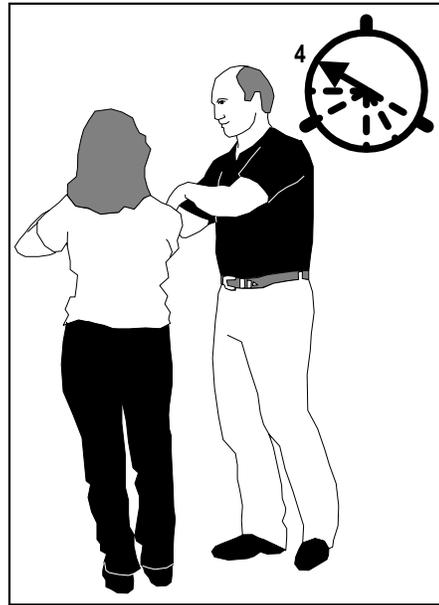


Head Loops



The effect of the head loops is created by the combined arms looping over the heads as the partners turn opposite directions.

On the counts of (3 and 3&), the gentleman holds his right hand next to the lady's neck while he loops his left hand over her head. This causes her to turn clockwise as she takes her steps.

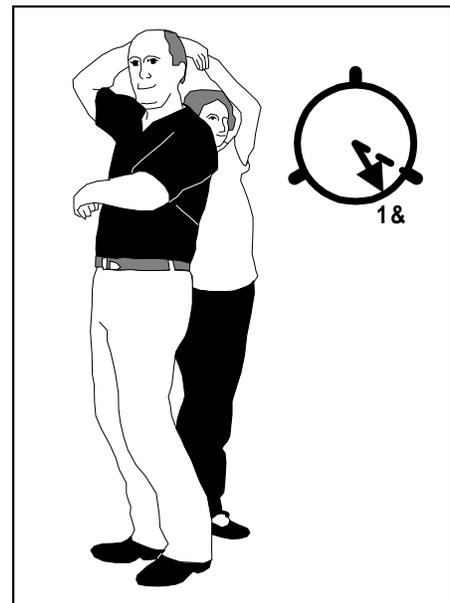


On the count of (4) the gentleman completes the loop by bringing his left wrist to the crook of his arm. There is no rock step here.

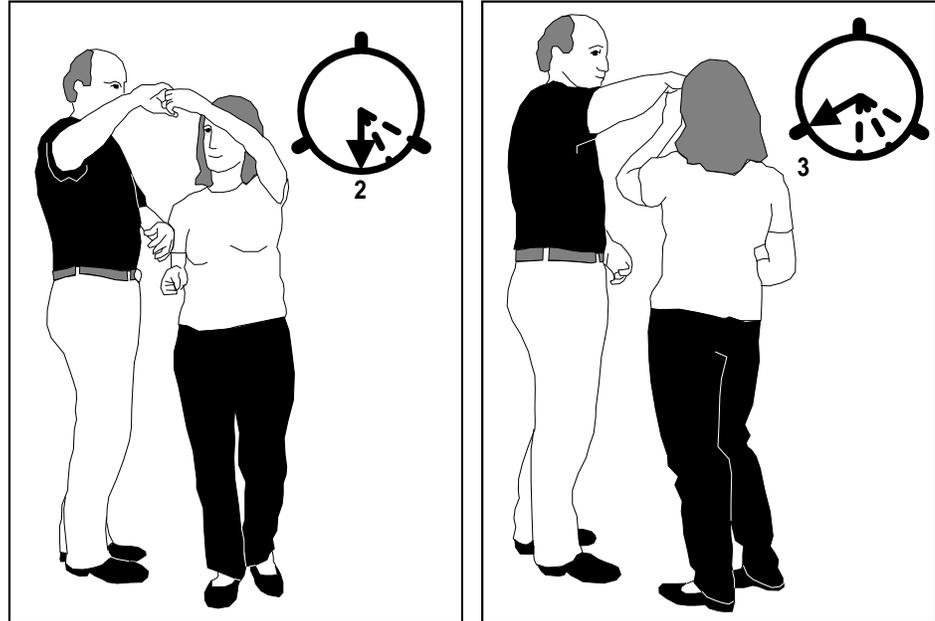
On the count of (1), the gentleman lifts his right hand in a "waiter's palm" to create a loop that he can pass over his head. He releases his left hand and begins to turn counter-clockwise. The lady continues in a clockwise circle around the gentleman.

On the count of (1&), the gentleman continues to lead the lady in a clockwise direction while he turns counter-clockwise and prepares to loop his arm over his head.

An important point here is for the gentleman to keep his left arm tucked. If he is not careful, he could strike the lady with his elbow as they turn opposite directions. Remember that at this point she is moving quite rapidly and has considerable momentum.



Underarm Spin

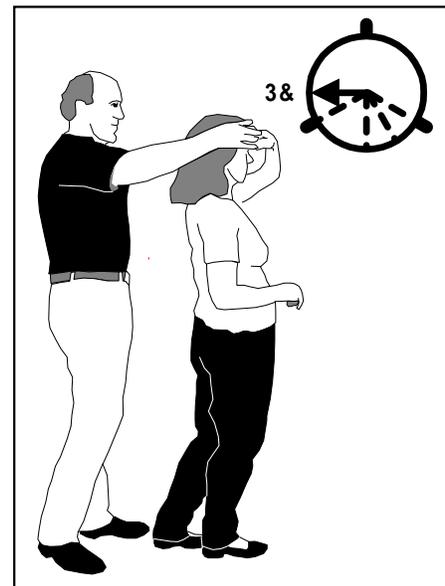


When the gentleman completes his head loop on the count of (2), he has completed his turn and is now facing the lady. However, he does not lower his hand, but leaves it above her eyes in a signal that she is about to spin.

Notice that the gentleman is leading this spin with his right hand, which is not the norm.

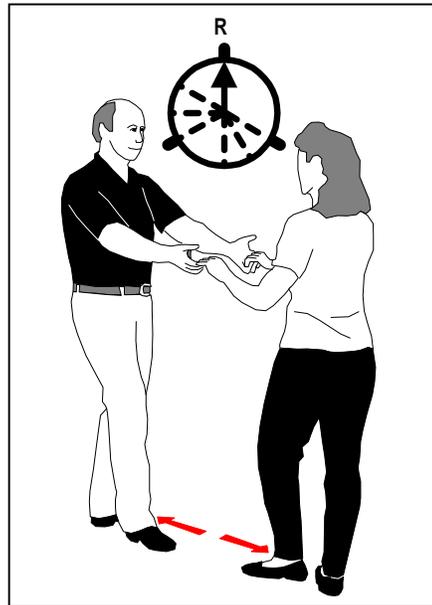
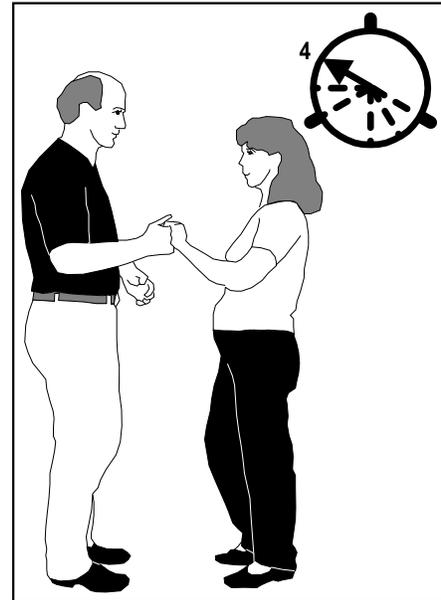
On the count of (3), he guides her left hand over her head, and her forward momentum is changed into angular momentum as she begins to spin.

On the count of (3&), the gentleman loops his hand over the lady's head and begins to lower it so that she knows this is the end of the spin.



On the count of (4), the gentleman brings the connected hands down causing the lady to stop the spin and come to face him. At this point they are still connected by hands that are not in the norm.

He offers his left hand as he begins to compel her backward into a rock step set.



Rock Set

The gentleman leads the lady into a normal rock set.

Conclusion

The material presented here is not all-inclusive, but only touches the high points. Additional details will have to be taught in conjunction with an instructor present.

This concludes the segment on ECS head loops.