

### East Coast Swing - First Level Sweetheart Wrap

**Pre-requisite**

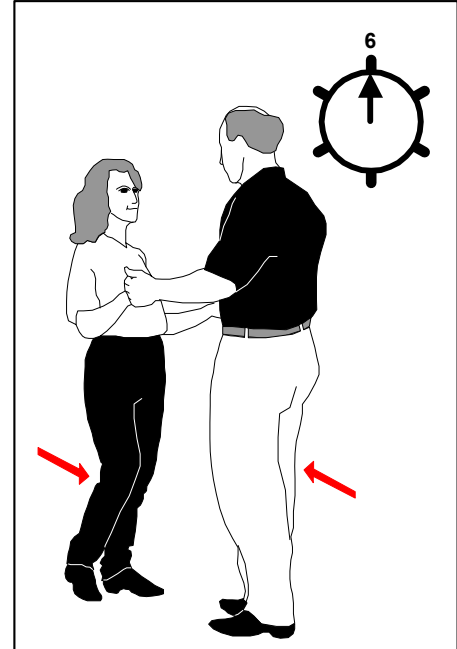
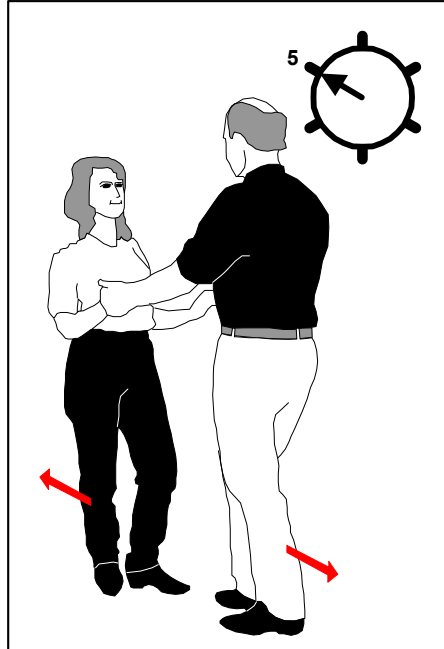
This is a beginning level pattern. Ability to do basic footwork only required.

**Overview**

In the Sweetheart Wrap, the gentleman brings the lady to a cuddle in front of him near his right shoulder. They both triple step back, complete a rock step, and the gentleman leads the lady into a slow forward turn to return to open swing position.

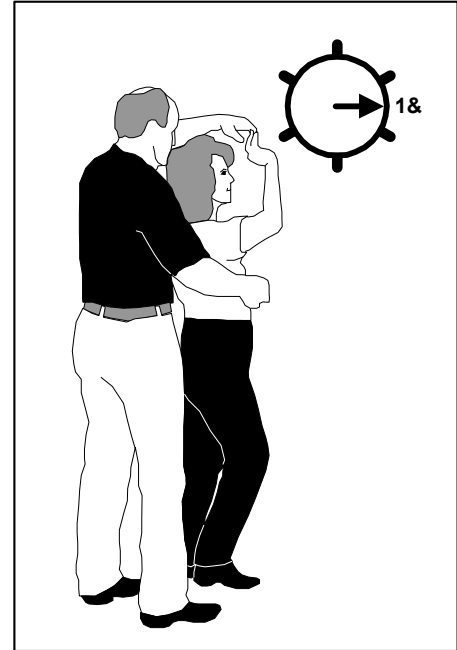
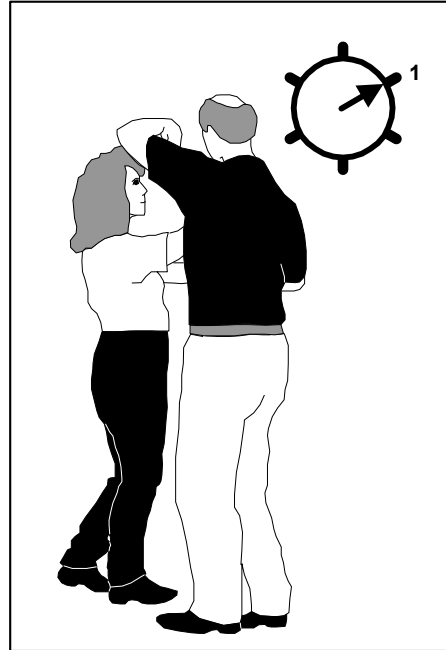
**Rock Step Entry**

The rock step end for the Basic Closed pattern sets up the beginning of the Sweetheart Wrap



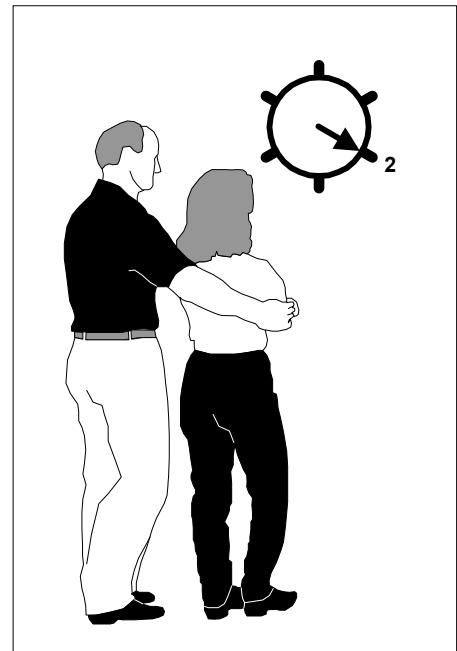
**Cross Body Lead**

The gentleman uses his collected left hand to lead the lady cross body toward his right shoulder. At the same time, he triples a slow quarter turn around the lady to the right. This is to keep her from having to complete a very large turn at the end of this triple step set.



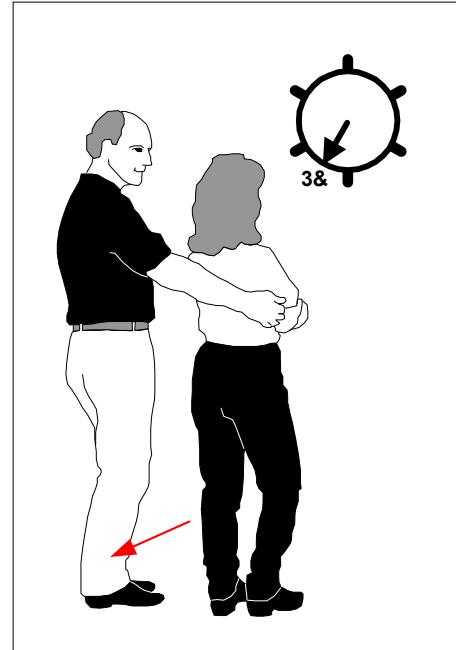
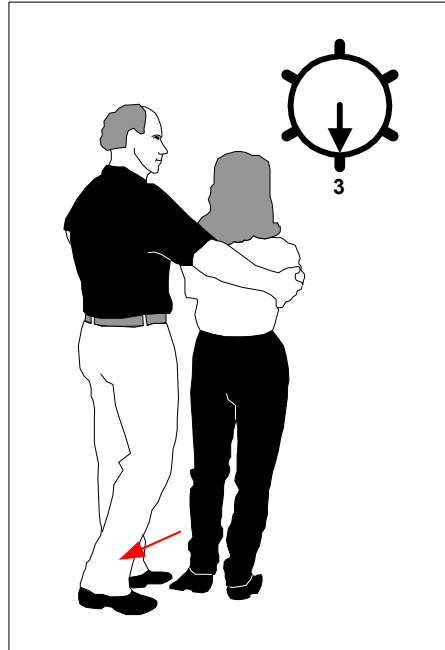
He finished his triple step set with her wrapped up in his arms on his right side. The lady is parallel, in front, and slightly off set. The only points of contact are the hands and the gentleman's forearm on her back to support her.

The lady's palms are facing forward and she exerts pressure forward to prevent the wrap squeezing her in a scissors action.

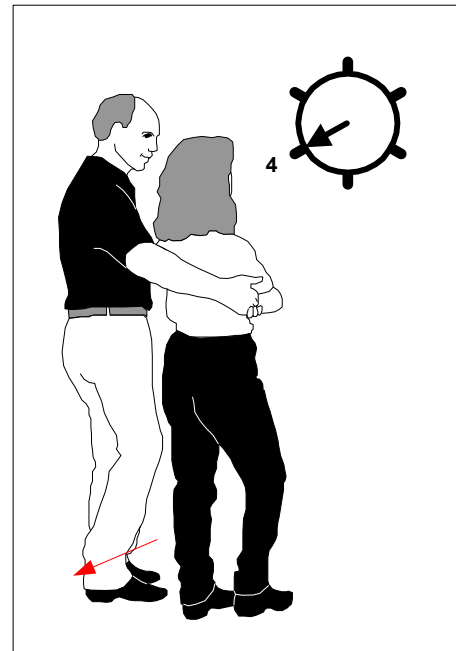


### Triple Backwards

The gentleman leads the lady to triple step backwards in his arms.

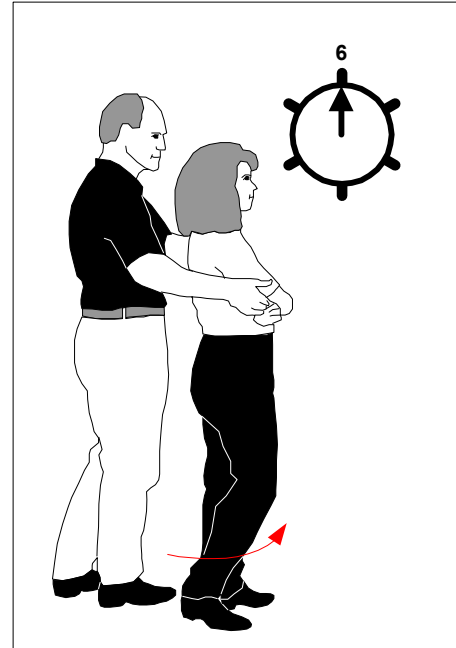
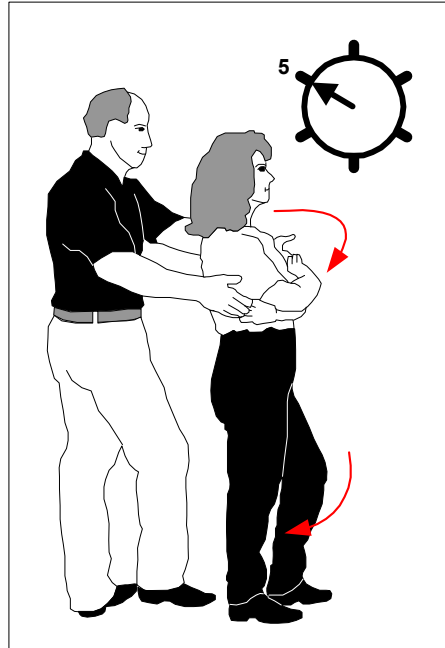


The triple steps backwards are not large, but are steady. The gentleman should make sure that he does not kick the lady's foot and trip her.



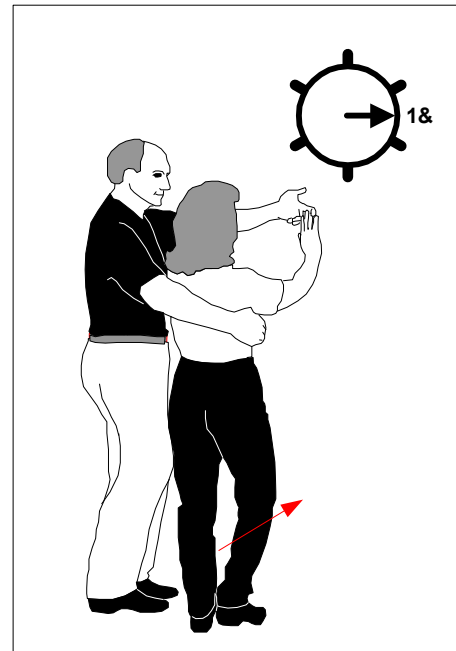
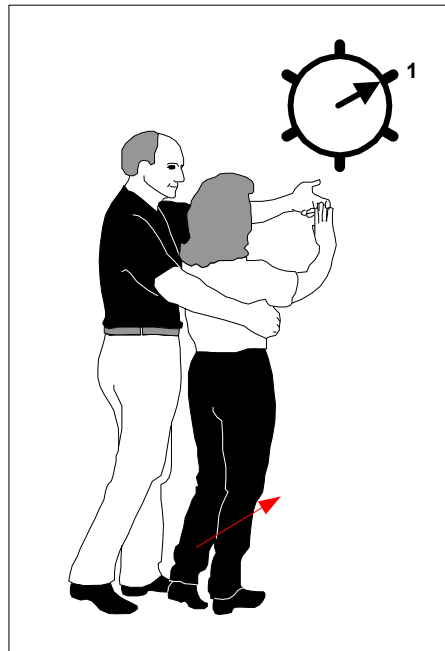
**Rock Step**

The gentleman uses the connection in both of his hands to cause the lady to take her rock step in a rotation. He takes a small rock step himself.



**The Lead Out**

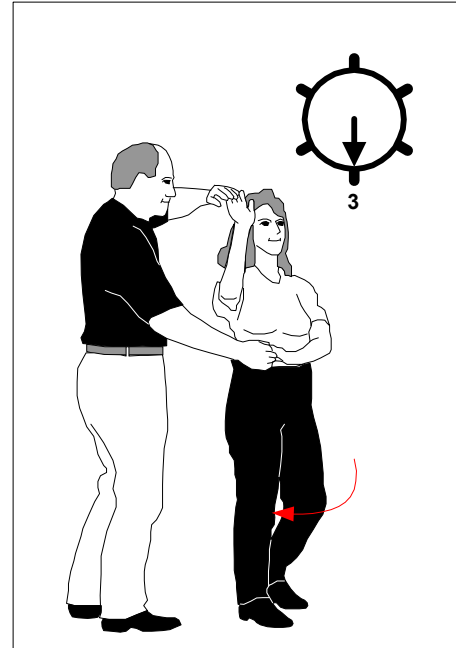
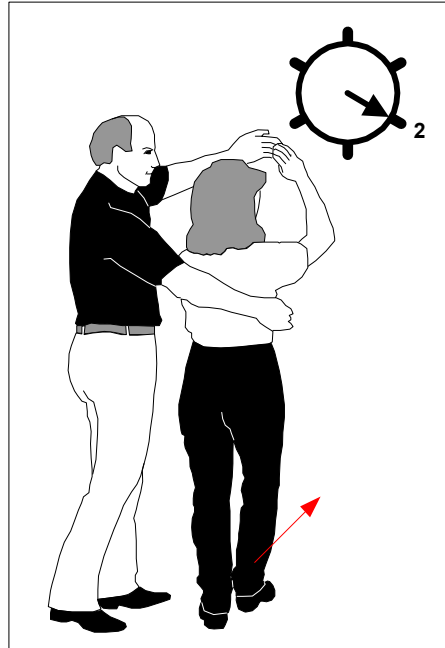
The gentleman uses his forearm on the lady's back to gently compel her to triple forward. He uses his collected left hand to confirm what he wants her to do. He takes small steps to increase the distance between them.



**Lead Out  
(Continued)**

At the beginning of the second set of triple steps, he turns the collected hands over her head to cause her to make a clockwise turn.

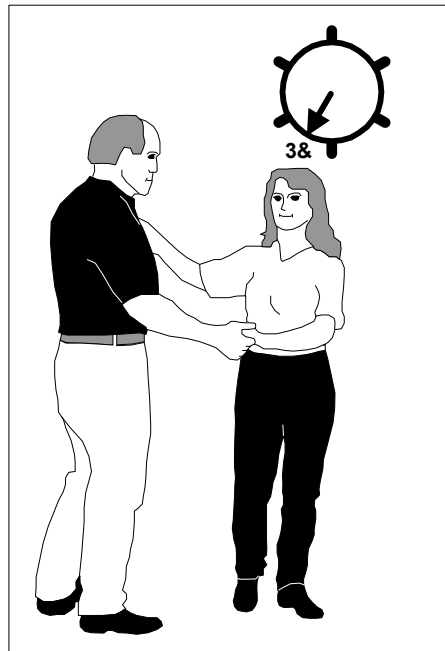
He gently pulls on his right collected hand to confirm the turn for her.



**The Recovery**

At the end of the second set of triple steps, the gentleman slowly turns the lady to face him.

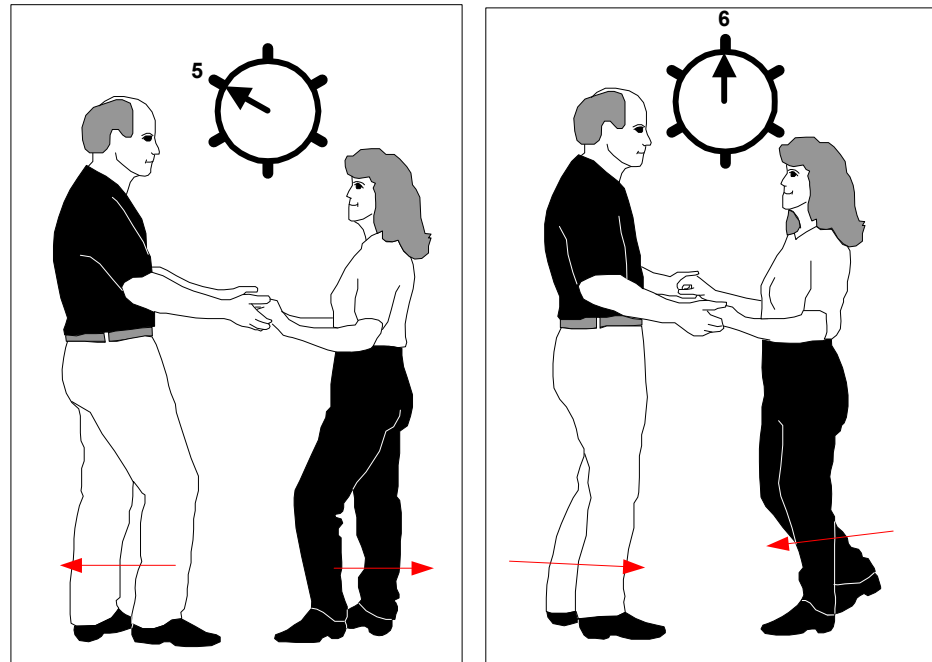
As the two are completing the second triple step set, they place themselves so their elbows are at their sides in preparation for the final rock step set.



**Rock Step**

The gentleman pushes forward as he rocks back to cause the lady to rock back. Then, he gently pulls her back as he steps forward.

The couple is now ready to complete this pattern again or another pattern.

**Conclusion**

The material presented here is not all-inclusive, but only touches the high points. There are many other tips to help in your East Coast Swing technique. Some of these tips will be presented in the course of other dance segments, while others may have to be taught in conjunction with an instructor present.

This concludes the segment on East Coast Swing Sweetheart Wrap.