

**BETTY & LOU'S 2STEP2 DANCE STUDIO**

**281-337-0441**

[www.2step2.net](http://www.2step2.net)

**LEVEL-1 EAST COAST SWING/JITTERBUG**

- 1. Basic Step (trip/single)**  
**Open position**  
**Closed position**
- 2. Basic Step with Rotation (trip/single)**  
**Open position**  
**Closed position**
- 3. Woman's underarm turn (trip/single)**
- 4. Man's underarm turn (trip/single)**
- 5. Sweetheart wrap (trip/single)**
- 6. Swirl (trip/single)**
- 7. Man's hand change (trip/single)**
- 8. She goes/ He goes (trip/single)**
- 9. Tuck and Turn (trip)**
- 10. Sweetheart Swirl w/nat'l spin (trip)**
- 11. Shoulder slide (trip)**