

BETTY & LOU'S 2STEP2 DANCE STUDIO  
281-337-0441  
[www.2step2.net](http://www.2step2.net)

**2nd EAST COAST SWING/JITTERBUG**

1. Tuck and Spin (trip)
2. SH Swirl/ reverse spin (trip)
3. Basic side pass (trip/single)  
with U/A turn  
with Free spin (hip)
4. Tuck and Turn (single)
5. Shoulder Slide (single)
6. Sweetheart Swirl/ nat'l spin (single)
7. Parallels (trip/single)
8. Sweetheart Swirl/reverse Spin (single)
9. Open Tuck and Turn (trip/single)
10. Tuck and Spin (single)
11. Pinwheels (single/trip)
12. Pretzel (trip)