

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

## **WEST-COAST SWING LEVEL I**

### **SIX COUNT PATTERNS**

1. BASIC SUGAR PUSH
  - A. PAUSED SUGAR PUSH
  - B. SYNCOPATED SUGAR PUSH
2. RIGHT SIDE PASS
3. TWO- ARM SIDE PASS
4. ONE-ARM SIDE PASS
5. ONE-ARM TURN-IN
6. PUSH OUT TUCK AND TURN (STARTING STEP)

### **EIGHT COUNT PATTERNS** (save for level 2)

7. BASKET WHIP (MANS WALK AROUND)
8. WHIP STEP