

BETTY & LOU'S 2STEP2 DANCE STUDIO

281-337-0441

www.2step2.net

WEST-COAST SWING LEVEL III

1. SPIN TECHNIQUES (ONE & TWO FOOTED SPINS)

2. BASKET WHIP WITH NATURAL DBL SPIN
 - A. WITH HIDDEN HAND
 - B. WITH DOUBLE ARM OVER

3. WHIP STEP WITH OUTSIDE TURN & DBL SPIN
 - A. WITH NECK WRAP
 - B. WITH WAIST WRAP

4. ONE ARM TURN IN WITH NATURAL DBL SPIN
 - A. WITH NECK WRAP

5. SHAPING PARTNER