

Swing Dance

Swing Dance includes many different forms of what is generally called 'jitterbug'. Jitterbug is a term used by Cab Calloway at a performance to describe how the general movement of the entire dance floor looked. We teach three different styles of Swing - Single Swing, Triple or East Coast and West Coast.

Single Swing basic patterns are 6 counts and it is generally done to faster tempo music. An example would be 'At The Hop' by Danny and the Juniors.

Triple or East Coast Swing uses a 6 count phrase but a different rhythm than Single Swing. Tempos can vary but they are generally slower than the Single Swing. An example of a popular song used for East Coast is 'An Everlasting Love' by Natalie Cole.

West Coast Swing differs greatly from either of these two styles of swing. West Coast is predominantly in a slot, without bounce and to moderate to slower tempo music. This basic step is 6 counts and has a similar rhythm to East Coast. The style of each of these is distinct. All can use many different types of music.