

Beginner - April 2007 Dance Class

TAUGHT BY: Donna Barringer Neighbors

www.vadance.com

4 Count Hustle Grouping

Man:

- | | |
|---|------------|
| 1. 2 Double Hand Basics | 1234, 1234 |
| 2. 2 Change Places | 1234, 1234 |
| 3, 4. Lady Underarm Turn &
Lady's Reverse Underarm Turn
(Take double hand hold) | 1234, 1234 |
| 5. Pretzel In & Out | 1234, 1234 |
| 6. Wrap Lady In & Unwind
With Right Hand | 1234, 1234 |
| 7. Lead Lady to turn (no hands) | 1234 |
| 8. Link & Return to Basic | 1234, 1234 |

Lady:

- | | |
|---|------------|
| 1. 2 Double Hand Basics | 1234, 1234 |
| 2. 2 Change Places | 1234, 1234 |
| 3. <u>Lady</u> Underarm Turn Right
(clockwise) | 1234 |
| 4. <u>Lady</u> Into Underarm Turn Left
(counter - clockwise) | 1234 |
| 5. Pretzel In & Out | 1234, 1234 |
| 6. Wrap In and Unwind | 1234, 1234 |
| 7. Lady does a free turn (no hands) | 1234 |
| 8. Link & Return to Basic | 1234, 1234 |

Single Swing (Jitterbug)

Man:

- | | |
|---|------------|
| 1. 2 Double Hand Basics | ssqq, ssqq |
| 2. 2 Change Places | ssqq, ssqq |
| 3, 4. Lady Underarm Turns (R& L)
(Take double hand hold) | ssqq, ssqq |
| 5. Pretzel In & Out | ssqq, ssqq |
| 6. Wrap Lady In & unwind
With Right Hand | ssqq, ssqq |
| 7. Lead Lady to turn (no hands) | ssqq |
| 8. Link & Return to Basic | ssqq, ssqq |

Lady:

- | | |
|---|------------|
| 1. 2 Double Hand Basics | ssqq, ssqq |
| 2. 2 Change Places | ssqq, ssqq |
| 3. <u>Lady</u> - Underarm Turn Right
(clockwise) | ssqq |
| 4. <u>Lady</u> - Into Underarm Turn Left
(counter - clockwise) | ssqq |
| 5. Pretzel In & Out | ssqq, ssqq |
| 6. Wrap In and Unwind | ssqq, ssqq |
| 7. Lady does a free turn (no hands) | ssqq |
| 8. Link & Return to Basic | ssqq, ssqq |