



## Moving Up with Smoothstyle

These guidelines answer questions we frequently get about how to progress in Smoothstyle's group West Coast Swing classes.

*Maria or one of the other instructors can help to assess the following.*

**A) You're probably ready to start taking West Coast Swing Vocabulary classes** when you have achieved the following:

1. Can explain the key characteristics of WCS, and
2. Can recite the three key "rules" of one role (Lead or Follow), and
3. Can verbally explain the two basic rhythms of the dance using descriptive words as well as rhythms, and
4. Can seamlessly execute all the WCS Foundations patterns, with a partner, while staying on time to music.

**B) We encourage everyone to continue repeating the Foundations class forever**, even after you've begun to take the Vocabulary class (our instructors do!). Here are two goals to set for yourself:

1. Execute all the WCS Foundations patterns solo in a single role (Lead or Follow), while staying on time to music, and
2. String the Foundation patterns together solo in a single role (including the relevant arm movements), while staying on time to music.

**C) To seek mastery in the dance**, we recommend:

1. Retake WCS Foundations classes in the other role, once you've achieved A & B above in one role
2. In the new role, achieve A and B above
3. Practice and take private lessons to develop better connection, quality of movement, and to correct issues that are unique to your body type, style, and goals

**D) To audition for WCS Mastery classes** (our by-invitation class), you will need to demonstrate:

1. The skills listed in A & B above, in BOTH roles (Lead and Follow)
2. Consistent and variable stretch and compression, plus effective transition between these connections, to one of our instructors

*These criteria were set as of April 2, 2019. Existing "Level 10" students will be grandfathered in and should strive to achieve these skills if they do not yet have them.*

***See reverse for class level descriptions >***



## Level Descriptions

### West Coast Swing Foundations 1 & 2

*2 months.*

No pre-requisite.

Learn the basic patterns of West Coast Swing, along with proper technique from your feet through your spine.

\* You may (and should) repeat this class as numerous times, including while taking the Vocabulary classes. Once you've learned one role well (Lead or Follow), we recommend that you learn the other role, too.

### West Coast Swing Vocabulary

*1 month each; new topic every month.*

Required: graduation from Foundations 1 & 2.

Focusing on a new topic each month, Vocabulary classes will deep-dive so you can master a new skill set. You will learn new patterns and variations, , lead-follow skills/connection skills, styling and quality of movement, and proper technique.

\* We recommend that new dancers who have completed Foundations 1 & 2 continue to repeat Foundations 1 & 2 while taking Vocabulary classes – there is no extra fee to repeat.

### West Coast Swing Mastery

*1 month; twice per year.*

By audition or invitation.

For highly skilled social dancers and serious competitors who meet the stated criteria for audition.