

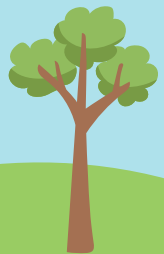
ATMOSPHERE



LANDSCAPE



GROUND SOURCE



Rhythms
Tempo

Rotation
Flow & Flight
Pitch & Posture

Variations
Stylings
Shapes & Sides

Communication
Energy Exchange



TIMING
WEIGHT
TRANSFER

BALANCE

PATTERNS
FOOTWORK
& POSITIONS

CONNECTION
TO GROUND,
TO PARTNER



WEST COAST SWING PRACTICE PLAN

INTENTION | REPETITION | CORRECTION | REWARD

Solo Practice

Choose ONE technical element *or* one creative element per practice session.

Choose a reward you will give yourself at the end.

Divide your practice time into 3 equal parts:

- **Part 1:** *Drill.* Use drills to practice the chosen technical element, advancing from slowly with no music to faster, then with music.
- **Part 2:** *Observe & correct.* Use a mirror or video to watch yourself and make corrections.
- **Part 3:** *Reward* yourself.

Take notes

Each session: What did you work on?

What did you learn? How are you feeling about it?

What do you want to do next time? What do you need guidance on from an instructor?

Partnered Practice

Each partner: choose ONE technical element *and* one creative element to work on per practice session.

Divide your practice time into 4 equal parts:

- **Part 1:** *Just basics.* Each partner focuses on their chosen technical element within basic patterns. Use simple music or no music. Observe & correct.
- **Part 2:** *Follow's time.* Lead accommodates the Follow's needs to work on their creative element. Discuss. Observe & correct.
- **Part 3:** *Lead's time.* Follow accommodates the Lead's needs to work on their creative element. Discuss. Observe & correct.
- **Part 4:** *Just dance!* to music you love with no discussion, no stopping, and no judgement.