

# 18 Jan 20 18:15 - CDC - Spring 2020 - Lindy

## Lindy Hop (6 count)

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We started with the 6 count basic: rock step, triple step, triple step. We also did a ball-flat variation instead of the triple steps. Either dancer can do this at any time - it's really helpful for the faster dances.

We also did the 6 count send out where the leader sends their partner into open hold (left to right hand). It's possible to do the basic in this hold, the leader can then bring their partner back in again, just by gently leading them forward and drifting back together.

### 6 count basic

Step	Timing	Leader	Follower
1,2	1,2	LR back rock	RL back rock
3,4,5	3a4	LRL triple to left	RLR triple to right
6,7,8	5a6	RLR triple to right	LRL triple to left

### 6 count send out

Step	Timing	Leader	Follower
1,2	1,2	LR back rock	RL back rock
3,4,5	3a4	LRL triple to left, tilting your body slightly to the left and let go with your right arm	RLR triple to right, pivot slightly on your left
6,7,8	5a6	RLR triple to right allowing your partner to move away from you	LRL triple to left moving away from your partner

### 6 count close from open

Step	Timing	Leader	Follower
1,2	1,2	LR back rock, gently lead your partner towards you with your left arm	RL back rock
3,4,5	3a4	LRL triple to left, drift gently towards your partner	RLR triple to right, drift towards your partner and take hold
6,7,8	5a6	RLR triple to right, drift towards your partner and take hold	LRL triple to left

## Lindy Hop (8 count)

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We also did the 8 count basic, which has two steps in between the triples.

We spent some time transitioning between 6 count and 8 count.

Leaders: be definite about the change you are making, slight sway of your upper body will help signal which version you are doing and using your right arm to block (gently) your partner will help them to know what you'd like them to do.

Followers: don't worry if you miss the lead, join in on the next rock step. The more relaxed you are, the easier it will be for you to respond to the lead.

## 8 Count Basic

Step	Timing	Leader	Follower
1,2	1,2	LR back rock	RL back rock
3,4,5	3a4	LRL triple to left	RLR triple to right
6,7	5,6	RL in place	LR in place
8,9,10	7a8	RLR triple to right	LRL triple to left