

## Lindy Hop (8 count)

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We did the 8 count basic again (with the ball-flat variation for faster music).

We transitioned between the Lindy Charleston and the 8 Count Basic. Leaders, be definite about the lead (without being aggressive). Followers, be aware that the leader might lead the change, but if you don't get it immediately, just catch up when you can, your leader will just keep on going.

### 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

## Lindy Charleston

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It's worth practicing the Charleston basic slowly to get used to it, it's not symmetrical and the double kick takes a bit of getting used to.

The first four beats aren't too tricky, it's a rock step, a kick forward and then a step.

The next four steps are the double kick. Kick forward on 5, pull your leg in on 6, kick back on 7, step back onto that leg on 8. Don't put your foot down on 7. If it's easier then count it, or think dou-ble-kick-step, or think kick-in-kick-down. This is all easier if you're bouncing a little on the standing leg throughout.

### Lindy Charleston Basic

Step	Timing	Leader	Follower
1,2	1,2	LR back rock	RL back rock
3,4	3,4	L kick step	R kick step
5,6	5,6	R kick, pull in	L kick, pull in
7,8	7,8	R kick back, R step back	L kick back, L step back