

## Lindy Hop (8 count)

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We recapped the 8 count basic and added in the Lindy Circle and the Send Out from Closed. Steps should be small and under your body.

Followers: don't worry too much about whether your steps are left, right, forward, backwards or on the spot, just make them nice and small and under your body - the leader will move you where they need you to be.

Try and be relaxed, and chilled, and grounded. Bend your knees and bounce. Relax your shoulders.

### 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 Circle

Step	Timing	Leader	Follower
1,2	1,2	LR rock	RL rock
3,4,5	3a4	LRL triple (in front of follower)	RLR triple (in front of leader)
6,7	5,6	RF back and turn 1/4, open right shoulder with hip and foot, LF step in place - The leader opens with their right shoulder, hip and foot and brings the follower with them (lead with right arm), keep turning on the LF step and maintain hold	LR forward
8,9,10	7a8	RLR triple sideways - Triple to the right, altering alignment as required	LRL triple sideways

### Send out from closed

Step	Timing	Leader	Follower
1,2	1,2	LR rock - The leader lets the follower rock back further than usual	RL rock
3,4,5	3a4	LRL triple (in front of follower) - The leader triples in front of the follower	RLR triple (on the spot)
6,7	5,6	RF back and turn 1/4, open right shoulder with hip and foot, LF step in place - The leader opens with their right shoulder, hip and foot and brings the follower with them (lead with right arm), keep turning on the LF step and release right hand	LR back
8,9,10	7a8	RLR triple (on the spot) - The leader may need to move forward or slightly back to adjust for alignment and distance to follower	LRL triple (on the spot)