

Lindy Hop (8 count)

We recapped the basic and the Lindy Circle (which starts closed and ends closed). We did the Send Out (which starts closed and ends open). We did the Circle from Open (which starts open and ends closed) and we did the Send Out from Open (which starts and ends open).

Leaders can control the amount of turn in the send outs by releasing the follower earlier or later and by turning more or less.

Followers should mostly think of doing their steps under their body - don't worry too much about if you're stepping forward, sideways or diagonally.

We looked at the twists that the followers can do in place of any rock step. It makes most sense to do it when you are starting in open hold (so the Send Out from Open or the Lindy Circle from Open). Step forward onto the ball of the foot with the toe turned out, as you put your weight on that foot pull the heel back towards you to give the twist action.

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)

Send out from open

Step	Timing	Leader	Follower
1,2	1,2	LR back - The leader steps back and brings the follower forward	RL forward
3,4,5	3a4	LRL triple (swap places with follower) - The leader swaps places with the follower and closes	RLR triple (swap places with 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 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)

Lindy Circle (from open)

Step	Timing	Leader	Follower
1,2	1,2	LR back - The leader steps back and brings the follower forward	RL forward (the follower can twist if they wish)
3,4,5	3a4	LRL triple (swap places with follower) - The leader swaps places with the follower and closes	RLR triple (swap places with 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