

ARRIVAL TIME 8.00pm – 8.20pm
SOCIAL DANCING 8.00pm – 8.25pm
NOTICES 8.25pm

Registration/Social Time/Practice Time (all levels)

The evening begins with social dancing. This gives you the opportunity to practice moves from the previous week(s) and warm up before the classes begin. This is also an opportunity to ask your teachers any questions or for help with anything you're struggling with.

LESSON ONE 8.30pm – 9.30pm

Level One is where our dancers embark upon their very first steps. If you haven't danced before, it can all be a little daunting so these lessons are all about getting you moving and the basics of lead and follow. In the first class you'll learn 3 footwork patterns...

Core Triples (Level 1)

Triple steps are the cornerstone of Lindy Hop because they comprise the syncopated rhythms that are found in the swing music that we dance to. You can bust these out to fast tempos but beginners will find these steps most suited to slower tunes.

Groove (Level 1)

Groove is the simplest footwork pattern that we teach. It's a 6-beat pattern consisting of fasts and slows. It's easy to pick up and great for cruising along to medium and fast tempos.

Lindy Charleston (Level 1)

A high energy kicking pattern that is essential for every Lindy Hopper to know. This block will cover figures such as Side-by-side Charleston, Hand-to-hand Charleston and other well-known kicky-figures.

Core Triples (Level 2) taught progressively as a course

This is where you'll learn the signature Lindy Hop figures such as The Swingout, Basic (sometimes called the Lindy Turn) and Circle. These figures will be taught alongside other Level 2 triple step figures and variations. Before moving up to this block, we recommend that you complete at least two blocks of Level 1 Triples Steps:

To attend these lessons, you need to know: Moving Jockey, Tuck Turn, Passbys, Send out, Promenades and Basket moves and be able to dance these socially.

Lindy Charleston (Level 2) taught progressively as a course

This is where we build upon the Lindy Charleston material from the Level 1 Block. Expect speedy tempos and rhythmic challenges.

To attend these lessons, you need to know: Side-by-side Charleston, Hand-to-hand Charleston and be able to dance these socially.

Core Triples (Level 3)

taught progressively as a course

You'll need to be able to social dance the Level 2 triple step figures with some confidence to attend. These sessions are about fine-tuning your lead/follow, introducing variations and adding more complicated figures to your repertoire.

To attend these lessons, you need to know: The Swingout, Basic and Circle and be able to dance these socially.

LESSON TWO 8.30pm - 9.30pm
(run simultaneously with lesson one in a separate room)

AFTER YOUR CLASS 9.30pm - 10.15pm

After class we have a 45minute mini-Stomp where you can socialise with your dance friends, put your new moves to practise and get to grips with what social dancing is all about.

Social Time/Practice Time (all levels)

This slot is a very important element of the evening and invaluable for dancers of all levels. Dancing the steps in class is one thing but putting them into practice on the social floor is a whole different ballgame. The first handful of tracks will always be suitable for the content of the level one class that has just taken place and, throughout the session, your teachers will be on hand to answer any questions you may have. Don't worry about making mistakes; it's all part of the learning process. There's no need to be shy; you're part of a very friendly, welcoming and inclusive community and have nothing to lose!