



The Rockin' Horse Dance Barn

11820 150th Ave SE, Renton, WA 98059

12 BASIC PATTERNS OF WEST COAST SWING

These basic patterns are the foundation of West Coast Swing. Intermediate & Advanced variations of pattern, rhythm, and style are built upon this foundation. Therefore, students of West Coast Swing would be well advised to establish themselves firmly in these basic patterns before advancing to higher class levels.

Level 1a

- Underarm Turn (Underarm Pass)
- Underarm Turn (Underarm Pass) w/Hand Change
- Right Side Pass
- Starter Step (4 Count)
- Basic Tuck
- Whip (8 Count)

Level 1b

- Left Side Pass
- Turning Basic
- Slingshot Throwout
- Push Break (Sugar Push)
- Two Hand Tuck
- Locked Whip (8 Count)