

SESSION 1 – JITTERBUG 1 – GET HEP STUDIO – TOM & LAURA

WEEK 1: Cross hand tuck turn

Peek-a-Boo

Behind the back hand change

WEEK 2: Sweetheart Position with 1 ½ turn exit

Funky arm wrap with GOOSH

WEEK 3: Side by Side Charleston

Stomp on 5

Lunge on 5 (with pecks or head turn)

Turns in Charleston

Walks forward

Kicks back and forth

WEEK 4: Getting into and out of closed position while looking cool

In: ¼ turn Clockwise

Footwork in Closed position:

Quiet triple steps with knee action

Kick-ball-change Kick-ball-change rock-step

Out: Tuck turn

Free Spin Tuck turn

Shoulder pass

WEEK 5: Class Review

Breaks