

**SESSION 1 – LINDY II – GET HEP STUDIO – TOM & LAURA**

**WEEK 1:** R-J with free spin

Outside turn She-goes

**WEEK 2:** Quick Stop

Texas Tommy

-With free spin

-With both spin

**WEEK 3:** Charleston

Hand to hand Charleston:

-Start with kicks in and out

-On second back kick (left foot for leaders) kick on 1, touch back on 3, kick with same foot on 5.

-Make sure to lead the follower in her same pattern, her footwork does not change.

-To get out of hand to hand, do same thing as you did to get into it

**WEEK 4:** Sugar Pushes

**WEEK 5:** Class Review

Breaks and Sugar push variations.