

## - Cool Cats Workshops - Introductory 4Beat Swing/Rock 'n' Roll

Introduction to 4Beat Swing/RnR (~1.5hrs)

<b>4Beat</b>	<b>Basics</b>	<b>Variation</b>
<b>~30min</b>	Basic Footwork & Rotation; U/A Turn and Return	Forward Return; Lines vs Circles
<b>~30min</b>	Cuddle & Roll-Out	Roll-Across; Roll-In
<b>~30min</b>	Open & Closed Spins	RH Reverse Closed Spin; LH Open Spin
<b>~15min</b>	Routine & Practice	

This workshop assumes some prior experience with a basic 6-beat Rock 'n' Roll style. Reduced content or additional time should be allocated for workshops where a large percentage of the students may be new to dancing.

Routine:

- Basic x 2
- Under-Arm Turn
- Return
  - optional Forward Return
- Cuddle & Roll-Out
- Under-Arm Turn
  - -OR- Roll-Across
- Return
- Closed Spin; Open Spin
  - -OR- Reverse Spin; LH Spin
- Link or Turning Link
- Repeat\*

Optional rotation or lines may be employed throughout.

## - Cool Cats Workshops - Progressive Kick-Step Rock 'n' Roll

Intermediate/Advanced 4Beat Swing/RnR (~1.5hrs)

<b>4Beat</b>	<b>Intermediate</b>	<b>Advanced</b>
<b>~30min</b>	Opening Out; Pass BtB v2.0	Sugar Roll
<b>~30min</b>	Drag Walks	Flirt & Slide
<b>~30min</b>	Rope	Apache Rope*
<b>~15min</b>	Routine & Practice	

\*Time allowing

This workshop assumes prior experience with a basic 6-beat Rock 'n' Roll style, preferably Kick-Step. Reduced content or additional time should be allocated for workshops where a large percentage of the students are new to the style.

Routine:

- Basic
- U/A Turn
- Return → Opening Out
- Pass BtB v2.0
  - optional Sugar Roll
- Drag Walks
- U/A Turn; Return
  - optional Flirt & Slide exit; Roll-Across
- Rope
  - -OR- Apache Rope
- Link
- Repeat\*