

Swing “Mix-Up!” Routine #1

Week 1

- Basic Footwork, Basic with Clockwise Rotation
- Basic Cross-Step (Man ←), Basic Step-Cross (Man →)

Week 2

- Under Arm Turn
- Shunt Return
- Sugar Roll

Week 3

- Return
- Swing-Out x 2
 - Optional Lead Variations**

Week 4

- Lindy Circle
- Lindy Kicks x 1
- Out & Back x 2

Week 5

- Double Turn Out **OR**
 - Closed Swing Out
- Lindy Circle
- Turn & Stomp (6 beats)
- PLAY TIME (6 beats)

Week 6

- Texas Tommy
- Reverse Lindy Circle (Spin Exit)
 - Optional Lead** - Whip Exit

Swing (Mix-Up! #1)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	2 Steps; Step Cross	Swing-Out Introduction
Week 2	U/A Turn and Return; The Shunt	Sugar Roll	Side Dip; Lay Drop
Week 3	The Swing Out Session!!! (Tight vs. Extended)		
Week 4	Lindy Circle; Closed Swing Out	Lindy Kicks	Lindy Kicks: Out & Back
Week 5	Double Turn Out; DTO to Closed Position	Turn and Stomp, Syncopated Side Step; Turn & Slide	Play Time!
Week 6	Texas Tommy	Reverse Lindy Circle (Whip Exit)	Reverse Lindy Circle (Jump Exit)