

Swing “Mix-Up!” Routine #2

Week 1

- Basic Footwork, Basic with Clockwise Rotation
- Basic Footwork **OR**
 - Sweep ‘n’ Shake

Week 2

- Basic with Anti-Clockwise Rotation **OR**
 - LHS Under Arm Turn
- Shunt Return **OR**
 - LHS Pull Through & Shunt

Week 3

- Swing-Out x 2
 - Optional Footwork Variations**

Week 4

- Lindy Circle
- The Worm
- Lindy Circle

Week 5

- Don’t Go
- Double Turn Out

Week 6

- Texas Tommy
- Basic Yo-Yo **OR**
 - Yo-Yo Variation

Swing (Mix-Up! #2)	Tier 1	Tier 2	Tier 3
Week 1	Basic Footwork and Rotation	Sweep 'n' Shake (Optional Spin)	Crazy Legs / Chicken Walks
Week 2	U/A Turn and Return; The Shunt	LHS: Pull Through (4) & U/A Turn (8)	Kicks Through the Middle
Week 3	The Swing Out Session!!! (Footwork Variation)		
Week 4	Lindy Circle; Closed Swing Out	The Worm; Turn & Slide (Body Rhythm)	The Drag (Momentum & Frame)
Week 5	Double Turn Out; DTO to Closed Position	Don't Go; Dip FCP	Surprise Stop - Play Time!
Week 6	Texas Tommy	Basic Yo-Yo	Pull Through Slide; Yo-Yo Variations