

# **NTA School Figures TWO – B Study Guide (See NTA Manual One for details)**

## **East Coast Swing School Figures Two – B**

### **Patterns (Both Lead and Follow):**

6. Throw Out - a) Basic, B) the Gallop
7. She-He Turns
8. Hammerlock
9. Tucks – a) Basic, b) Advanced
- 10 Locked Double Cross

## **Polka School Figures Two – B**

### **Patterns (Both Lead and Follow):**

6. Rotating Basic – a) Basic, b) Advanced
7. Weaves (Laces)
8. Lariat
9. Patty Cake
10. Barrel Roll

## **School Figures Two – B Concepts/Terms to Know:**

### **East Coast Swing:**

- 3<sup>rd</sup> Position Triples (and how the parts of the feet are used)
- Basic Swing Position
- Nanigo Movement
- Semi Cuban and Full Cuban

### **Polka:**

- 3<sup>rd</sup> Position Triples (and body movement)
- Basic Polka Turn (the mechanics of - two ways)
- Lilt (and how to achieve proper Lilt in Polka)