

## **NTA School Figure I-C Study Guide**

### **East Coast Swing – Social/Street Style utilizing an anchor step on 3&4**

#### **1. Basic In Closed Position (Fan) - (Single, Double and Triple Timing)**

Basic in Closed with Quarter Turn Right (Single and Triple Timing)

Basic in Closed with Half Turn Right (Single and Triple Timing)

**Single and Triple Timing on all the following School Figures**

#### **2. Underarm Turns (UAT) for Lady**

Right Turn (Outside)

Left Turn (Inside)

#### **3. Passes for the Man**

Underarm Pass

Belt Loop Pass/Side Pass

Neck Pass (Neck Slide)

#### **4. Sugar Push**

#### **5. Right Wrap**

Basic (Inside turn to wrap)

Outside turn to Open Position

(Wrap can also go to left side)

#### **Other movements/definitions needed:**

Back Rock Step/w/Semi Cuban Motion

Basic Ankle Movements

Leads (Visual, physical, body)

Nanigo

Semi Cuban Motion

Triple Steps

Weight Changes in both 6 & 8 Count Swing