



# LEVEL 1

## **LESSON 1**

Side-to-Side\* x4  
Front-to-Back\* x2  
He-Goes Lindy Hop\*  
She-Goes Lindy Hop\*  
He-Goes, catch 2nd hand,  
back to SBS  
REPEAT

## **LESSON 2**

Front-to-Back x2  
Swing-Out from Closed\*  
Underarm Pass (8-ct)\*  
Swing-Out from Open\*

## **LESSON 3**

He-Goes Promenade\* x2  
Swing-Out from Closed  
Lindy Circle\*  
REPEAT

## **LESSON 4**

Triple Swing in Open\*  
Triple Swing in Closed\*  
Send-Out\*  
Underarm Pass x2 (6-ct)\*  
REPEAT

## **LESSON 5**

*Complete with Groove Walks,  
Kicks, Charleston for Lindy*

Charleston in Open, Closed\*  
SBS Front-to-Back\*  
Charleston  
He-Goes\*, She-Goes\*

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## LEVEL 1 TESTING

1. Demonstrate Closed, Open, SBS positions
2. Complete Lesson Patterns
3. Complete Test Patterns

### **TEST PATTERN 1:**

Front-to-Back  
Send-Out  
Swing-Out x2  
6-ct Underarm Pass x3  
Lindy Circle  
REPEAT

### **TEST PATTERN 2:**

8-ct Underarm Pass x2  
Swing-Out x3  
Charleston in Open x3

### **TEST PATTERN 3:**

Side-to-Side x2  
Side-to-Side moving to  
Side-by-Side  
He-Goes Lindy Hop  
She-Goes Lindy Hop  
Swing-Out from Closed  
Swing-Out  
Charleston Basic in Open

### **TEST PATTERN 4:**

Lindy Promenade x2  
Charleston Basic in Side-  
by-Side x2  
He-Goes Charleston  
She-Goes Charleston  
Swing-Out from Closed  
Lindy Circle