

LEVEL 5



LESSON 1 – ROCK-STEP SUBSTITUTIONS

STYLIZATIONS, START WITH SWING-OUT:

1. Hold Ballchange
 2. Ballchange-Ballchange
 3. Kick Ballchange
- Stay in place (not forward motion) to keep the Stretch and Release to match the solo movement
 - Maintain pulse throughout
 - Don't change or disrupt what you partner feels

NOW SUB ROCK-STEPS IN OTHER MOVES

Test: Select 3 patterns from levels 1-3 substituting every rock-step with each stylization from this lesson

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LESSON 2 – LEADER SWING-OUT STYLIZATION

Hold Step on 3-4

Kick Step on 7-8

Kick Step Kick Ballchange 7-8/1-2

Kick Lift on 1-2

Kick Step Kick Lift 7-8/1-2

LESSON 3 – FOLLOW SWING-OUT STYLIZATION

Twisting Kick Ballchange 1-2

Twisting Triple 7-8

Twisting Triple into Twists 7-8/1-2

Tw. Triple into Tw. Kick Bch 7-8/1-2

Swoop Step 7-8

Swoop Step into Twists 7-8/1-2

Swoop Step into Tw. Kick 7-8/1-2

Twist on 6 to Prep count 7

- Maintain solo movement
- Maintain pulse throughout
- Don't change or disrupt what you partner feels

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LESSON 4A – BROKEN RECORD MOVES

- Front-to-Back
- *Triple Lollies
- *Reverse Triple Lollies
- *SBS Cat Walks
- 8-count Lindy Tuck Turn
- Texas Tommy
- *Cross-H Triple Lollies Side Pass
- Swing-Out
- *Step-Taps in Open

LESSON 4B – BROKEN RECORD MOVES

- Swing-Out
- *Step-Taps in SBS
- Swing-Out
- *Step-Taps in Open
- 6-count Underarm Pass
- *Step-Taps in Cross-Hand

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LESSON 5A – CHARLESTON B.R. MOVES

- Charleston Basic x2
- *SBS Cross-Kicks
- Charleston Basic x2
- *SBS Crossovers
- *Johnny's Drop
- Charleston Basic x2
- *Repeating Kicks in SBS
- Charleston Basic
- *Repeating Kicks in SBS

LESSON 5B - CHARLESTON B.R. MOVES

- Tandem Basic x2
- *Repeating Kicks in Tandem
- Tandem Basic
- *Repeating Kicks in Tandem
- Tandem Overhand Turn
- *Pump Kicks
- Pancake Charleston
- Kick Away Charleston
- *Repeating Kicks from Kick Aways
- Kick Away Charleston
- *Repeating Kicks from Kick Aways
- Back to SBS Charleston

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LESSON 6 – CHARLESTON TURNS

- *Skip-Up Turn
- Charleston Basic
- *She-Goes Skip-Up Turn
- Swing-Out
- *Kick Away Turn (Side Rocks)
- *Reverse Kick Away Turn
- *Kick Away Turn
- *She-Goes Kick Away Turn
- Charleston Circle
- *Fake-Out Skip-Up Turn

LESSON 7 – DAY AT THE RACES

- *Day at the Races
- *Propeller
- *Sailor Kicks
- *Day at the Races Movie Variation

LESSON 8 – FLYING CHARLESTON

- Charleston Basic SBS x2
- He-Goes Charleston
- Charleston Swing-Out from Closed
- *Flying Charleston x3
- *8-count Charleston Boomerang
- *8-count Charleston Circle

REPEAT

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LESSON 9 – FRONT-STEP STRETCH

- *Reverse Side Pass
- *8-count Front-Step Tuck Turn
- *8-count Front-Step Tuck Turn
- *4-count Underarm Pass

PATTERN:

- 6-count Underarm Pass
- *Reverse Side Pass
- Swing-Out
- *4-count Un. Pass x2 (w/ Front-Steps)
- 8-count Lindy Circle
- *8-count Front-Step Tuck Turn

REPEAT W/ 6-count FS Tuck Turn

LESSON 10 – OTHER WAYS TO STRETCH

- *Elbow Catch Broken Record
- *SBS Opposite Rock-Step/Front-Step
- *SBS Opposite Kicks
- *He-Goes She-Goes Chasse

PATTERN:

- *Elbow Catch Broken Record
- 8-count Charleston Circle
- *SBS Fake-Out Rock-St Front-Step
- Charleston Basic
- *He-Goes She-Goes Chasse
- Swing-Out from Closed

REPEAT

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LESSON 11 – STRETCH NOT REQUIRED

*Walk in Closed

*Walk in Open

*Charleston Basic in Open

*Twisting Walk in Open

*Cat Walks in Open

*Push Turn

*Cat Walks Turn

*Tuck Turn w/Free-Spin (no stretch)

Choreograph a Pattern