

VE DAY 75TH ANNIVERSARY

THE LINDY HOP

THE LINDY HOP IS AN AMERICAN JAZZ DANCE, WHICH ORIGINATED IN HARLEM DURING THE 1920'S. IT BECAME POPULAR IN THE UNITED KINGDOM DURING THE WAR AS OVERSEAS AMERICAN TROOPS INTRODUCED THE DANCE WHILE STATIONED HERE. BOTH THE LINDY HOP AND JAZZ MUSIC WERE BANNED IN NAZI GERMANY.

LINDY IS A FUSION OF MANY DECADES OF POPULAR DANCE, BASED ON JAZZ, TAP, BREAK AWAY AND THE CHARLESTON.

THE DANCE COMBINES BOTH SOLO DANCING AND PARTNERED DANCING AND USES THE EIGHT COUNT STRUCTURE OF EUROPEAN PARTNER DANCES. THIS IS DEMONSTRATED IN THE LINDY'S BASIC STEP, THE SWINGOUT.



LEARN THE SWINGOUT

COUNT 1 + 2 ROCK STEP

ROCK BACK ONTO YOUR LEFT FOOT (1) THEN ROCK FORWARD ONTO YOUR RIGHT FOOT (2)

WEIGHT STARTS AND ENDS ON YOUR RIGHT FOOT.

COUNT 3 + 4 KICK DROP

KICK YOUR LEFT FOOT FORWARD (3) AND LAND IT IN FRONT OF YOUR RIGHT FOOT (4)

YOUR WEIGHT HAS NOW CHANGED FROM YOUR RIGHT TO YOUR LEFT FOOT.

THE LEAD STARTS ON THEIR RIGHT FOOT AND THEIR PARTNER ON THEIR LEFT. THESE STEPS ARE FOR THE LEAD, YOUR PARTNER SHOULD DO THE OPPOSITE.



COUNT 5 + 6 WALK WALK

SIMPLY WALK ON THE SPOT. TRANSFER YOUR WEIGHT TO YOUR RIGHT FOOT (5) AND THEN BACK TO YOUR LEFT FOOT (6)

WEIGHT STARTS AND ENDS ON YOUR LEFT FOOT.

COUNT 7 + 8 KICK DROP

REPEAT THE KICK DROP STEP. AND YOUR BACK TO YOUR RIGHT FOOT TO START AGAIN...

THE 8 COUNTS COMBINE WEIGHT TRANSFER STEPS AND NON WEIGHT TRANSFER STEPS. THIS MEANS THAT YOU CAN SUBSTITUTE ANY STEPS WHICH ARE OF THE SAME WEIGHT TRANSFER IN. ONCE YOU'RE CONFIDENT WITH THE BASICS TRY ADDING IN SOME OTHER STEPS.