

# Lindy Hop

(U.S.A.)

Lindy Hop originated in the late 1920s at the Savoy Ballroom in New York. It is based on earlier dances of African-American origin such as the Charleston and the Black Bottom. The style of Lindy Hop taught at 1999 Folk Dance Camp is called "Savoy Style."

CD: Really Swingin' 2/4 meter

Formation: Cpls in open or closed Lindy pos.

Ldr = leader; Flr= follower

In Open Pos, Ptrs face each other, Flr's R hand in Ldr's L hand, Flr's palm faces down and Ldr's palm faces up. Hands are clasped by curling the four fingers without using the thumb. Ptrs stand at a distance of extended arms, keeping a bend in the elbows and enough tension to allow Ldr to signal moves. Closed Pos, is like an open-Ballroom pos, with Flr's L hand on Ldr's R shldr, Flr's L and Ldr's R hips adjacent and facing as in a "V." Ldr holds Flr's R hand, palm facing down, with L hand, palm facing up. Fingers are clasped as in Open pos and arms of joined hands are held downward at approximately waist level.

STYLING: In general, torso is held straight but bent over at the hips as you would when about to sit down. Knees are bent and wt is held fwd on the balls of the feet. There should be a bounce on each beat of the music.

Steps are described in cts of 8 rather than in measures because the dance can be done to many melodies and even rhythms.

(For basic step and rhythm pattern, see original syllabus notation.)

## Counts

## Pattern

### I. SWINGOUT (from Open Pos)

(Leader)

- 1 Pull ptr twd you just before rocking back on the ball of the L ft, transferring wt onto L ft without moving body back.
- 2 Transfer wt back onto the R ft. (cts 1-2 are called Rock Step and is done by both ptrs, Ldr starting on L ft and Flr on the R ft.
- 3-4 Step L to your L around Flr, turning approximately 90° CW (ct 3); Pivoting approx 90° on ball of L ft, step onto R ft close to or replacing L (ct 3-uh); Step onto L ft completing the 180° turn. Ptrs are now facing each other in opp pos from starting pos (ct 4). On ct 4, place your R hand briefly on middle of Flr's back. Cts 3-4 is called Triple Step and is done by either ptr on either ft. Remember that the timing of the 3 steps is not even, but is like skipping).
- 4 & While R hand is on Flr's back, lean bkwd slightly to cause Flr to move fwd.
- 4-uh As Flr begins to move, pick up R ft and release hand on the Flr's back.
- 5 Pivoting on ball of R ft approx 90° CW, step onto R ft slightly behind L ft. Timing is critical on cts 4 and 5 if swingout is to be lead successfully.
- 6 Pivoting on ball of R ft approx 90° CW, step back onto L ft. (Ptrs are now facing as in starting pos)
- 7-8 Triple step with L.

## Lindy Hop—continued

- (Follower)
- 1 Pivoting approx 45° CW on ball of L ft to face L front diag, small, sliding step fwd onto ball of R ft. Body is in alignment with ft - no twisting. (Swivel Step. This can be done to either R or L side.)
- 2 Swivel step L.
- 2-& Pivot approx 180° CW on ball of L ft. Flr is now facing opp direction from starting pos. This is Flr's most challenging move.
- 3-4 Step onto R ft, landing across and in front of L ft (ct3) Flr's ft will be tightly crossed; step back onto ball of L ft. Put palm of L hand onto front of leader's R shldr (ct 3-uh); step slightly fwd on R ft (ct 4).
- 5 Step fwd onto L, releasing L hand from Ldr's shldr.
- 6 Step fwd onto R ft, beginning to turn approx 45° CW.
- 7-8 Pivoting approx 45° CW on R ft, step onto L ft to face just short of starting pos (ct 7); step R beside L (ct 7-uh); step L beside R (ct 8).

II. SWINGOUT WITH INSIDE TURN (from Open Pos)

- (Leader)
- 1-4 Same as basic Swingout.
- 5 Step R same as in basic Swingout, but raise joined hands (Ldr's L, Flr's R) twd Ldr's R shldr and above Flr's head to signal Flr to turn.
- 6 Same footwork as basic Swingout, but push Flr's held hand above her head to L, causing her to spin.
- 7-8 Same as basic Swingout.
- (Follower)
- 1-5 Same as basic Swingout, except Ldr raises your R arm above head.
- 6 At leader's push, spin 180° CCW on ball of R ft to face as in starting pos.
- 7-8 Triple step in place, starting with L ft.

III. LINDY CIRCLE (Transition from Open Pos to Closed Pos)

- (Leader)
- 1-2 Same as basic Swingout.
- 3 As Ldr steps twd ptr as in basic Swingout, he puts his R arm around Flr, hooking her waist with his R hand.
- 3-uh-4 Step R, L in place
- 5 Step R close to L side, closely and behind L ft, beginning to rotate CW.
- 6 Small step to L with L ft.
- 7 Step R ft behind L ft, continuing to rotate CW.
- 7-uh-8 Step L, R in place. Ptrs are now in closed pos.
- (Follower)
- 1-3 Same as basic Swingout.
- 3-uh-4 Step L beside R (ct 3-uh) Feet are now uncrossed; step L beside R (ct 4).
- 5 Step L to L, slightly behind leader, beginning to rotate CW.
- 6 Step R across and in front of L ft, continuing CW rotation.

## Lindy Hop—continued

- 7 Small step L diag L bkwd onto L ft, continuing rotation.  
7-uh-8 Step R, L in place.

IV. CHARLESTON (From Closed Pos)

(Leader)

- 1-2 Rock step starting with L or outside ft.  
3 Kick L ft fwd.  
4 Small fwd step onto L ft.  
5 Kick R ft fwd.  
6 Lift R knee.  
7 Step bkwd with ball of R ft.  
8 Lower R heel to ground to transfer wt to whole ft.

(Follower)

- 1-8 Opp ftwk of Ldr.  
Kicks in Charleston are done by pumping knees and extending ft to the front. There's no pointing or flexing of ft. The step can be repeated at will and does not travel. Ldr has option of holding Flr's R hand with his L out to the front.

V. KICK THROUGH CHARLESTON (From Closed Pos—takes 2 sets of 8 cts)

(Leader)

meas 1

- 1-4 Same as basic Charleston, but Ldr joins hands (Ldr's L, Flr's R) in front.  
5 Kick R ft fwd, signalling Flr by moving R hand from her waist to middle of her back and making space between ptrs.  
6 While lifting R knee, pivot 180° CW on ball of L ft. Lead the turn with L arm swinging through and using heel of R hand and R forearm to help rotate ptr.  
7 Kick R ft fwd. Inside hands are joined and extended.  
8 Small step fwd on R ft.

meas 2

- 1-4 Repeat cts 5-8 of meas 1 with opp ftwk, turning 180° CCW.

Repeat meas 1, cts 5-8 and meas 2, cts 1-4 as many times as wanted. To get back to the basic Charleston, Ldr pulls Flr close to his side with R arm at end of ct 4, meas 2 and finishes in basic Charleston, cts 5-8.

(Follower)

- 1-6 Same as Ldr except with opp ftwk and directions and releasing L hand from Ldr's shldr on Meas 1, ct 6, and touching Ldr's shldr on meas 2, ct 3.

## Lindy Hop—continued

VI. TRAVELLING KICKS (From Closed Pos - takes 2 sets of 8 cts. Can be done as a continuation of Kick Through Charleston)

(Leader)

meas 1

1-7

Same as Kick Through Charleston.

8

Larger step fwd onto R ft, signalling Flr to travel. Move L hand fwd.

meas 2

1

Kick L ft to side, keeping L hand moving fwd and leaning back a little to signal ptr to rotate out with kick.

2

Step L fwd, moving L hand back to get ptr to face him.

3

Kick R ft to R side. Block Flr's pivot with R palm against her L palm.

4

Step R, travelling fwd.

5

Kick L ft to L side, moving held hands fwd and rotating as in ct 1.

6

Step L, moving held hands back.

7

Kick R ft slightly behind so as not to kick ptr, while reaching through with R arm across Flr's R hip to end step.

8

Step R ft in place.

(Follower)

Same as Ldr, with opp ftwk and directions.

VII. GROUCHO (From Closed Pos)

(Leader)

1-2

Rock step, starting with L or outside ft.

3-4

Small steps L, R, L (cts 3, 3-uh, 4 - Triple step) travelling fwd while bringing Flr to face him, slightly offset.

5-6

Small steps fwd R, L

7-8

Triple step, R, L, R, positioning self to ptr's L side by turning 180°, ending facing opp direction to start of step.

(Follower)

1-2

Rock step with R ft.

3-4

Triple step, R, L, R. Start stepping fwd in line of travel and pivoting 180° CCW to face ptr slightly offset (ct 3); last 2 steps, (cts 3-uh, 4) move bkwd.

5-6

Small steps bkwd, L, R.

7-8

Triple step, L, R, L, in place.

## GROUCHO VARIATIONS:

Rocking Shoulders on cts 5, 6, 7."Pecking:" Move head fwd and back like a chicken on cts 5, 6, 7.

## Lindy Hop—continued

VIII. SKIP UP (From Closed Pos)

(Leader)

- 1-2 Rock step starting with L or outside ft. On ct 2, Ldr moves his R hand to middle of Flr's back.  
 3 Pivoting about 90° CW on R ft to face ptr, kick L ft to the side. Use heel of R hand and forearm where applicable to help rotate ptr to face you.  
 4 Pivoting back 90° CCW on R ft to face fwd, step fwd on L ft.  
 5 Kick fwd with R or inside ft.  
 6 Step fwd on R.  
 7 Repeat ct 3.  
 8 Pivoting back 90° CCW to face fwd, lift L knee.

(Follower)

- 1-8 Same as for Ldr, but opp ftwk and directions.

IX. TUCK TURN (From Closed Pos)

(Leader)

- 1-2 Same as cts 1-2 in Skip Up figure.  
 3-4 Three small steps in place, L, R, L (Triple step). During these steps, Ldr changes the grip of his L hand to a flat palm for Flr to lean against, at the level of her shldr and rotates her CCW twd him to build up tension for her turn.  
 5 Step R in place, relaxing the tension in the L palm while bringing it up above Flr's head, palm facing down. At the same time, Ldr applies pressure to Flr's back to cause her to turn.  
 6-8 Step R, L, R, L, R in place, with basic Lindy Hop rhythm. At end of Flr's turn, Ldr lowers L hand returning to Lindy grip and ptrs end facing each other in open pos.

(Follower)

- 1-2 Rock step starting with the R or outside ft.  
 3-4 Three small steps R, L, R (Triple step), rotating twd ptr, pressing R palm against Ldr's L palm to build up momentum for the turn.  
 5-6 Stepping L, R, make one full turn CW, keeping her R palm in touch with Ldr's L palm above her head.  
 7-8 Stepping L, R, L (Triple step), make another full turn CW to end facing ptr in open pos.

X. TRANSITION FROM CHARLESTON TO OPEN POS (Takes 2 sets of 8 cts)

(Leader)

meas 1

- 1-6 Same as in basic Charleston.  
 7 Pivot 90° CW on L ft to face perpendicular to ptr, stepping on R toe. Move R hand to middle of Flr's back.  
 8 Lower heel to floor to transfer wt to whole ft.

meas 2

- 1-2 Rock step, starting with L Ft.  
 3-4 Triple step, L, R, L, turning 90° CW to position self in front of Flr, ending in same pos at ct 4 of basic Swingout.  
 5-8 Same as basic Swingout.

**Lindy Hop—continued**

(Follower)

meas 1

1-8      Same as basic Charleston.

meas 2

1-2      Rock step, starting with R ft.

3-4      Step R, L, R in place.

5-8      Same as basic Swingout.

Presented by Michael Marangio and Persephone