

Swing Rueda

as taught in the social dance classes at Stanford

Music: Any square (4x8) lindy, perhaps “Cement Mixer” by G-Swing feat. Jimi Bazooka

Formation: Circle of couples in closed position, Follows backing along LOD

Footwork: Eight-count lindy hop

1) Cross-Body Lead: Cross-body lead as in cha cha, into swing out position, Leads facing against LOD. Could be a cross-body inside turn, or anything that switches sides.

2 & 3) Two Freestyle Eight Count Figures: Two freestyle eight-count lindy figures.

4) Change Partners: Lead’s underarm turn, sending the Follow back against LOD to the next Lead. Or anything else that sends her back that way—perhaps a free spin. Leads, once you send her back against LOD, refocus all of your attention on your new partner. Catch new partner, Leads facing LOD, Follows facing against LOD, to repeat from top.