



Summary: You're using **6 beats** of music, to take **4 steps** (sgl step) or **8 steps** (triple step), with a weight change on every step.

STYLE POINTS:

Small Rock Step -- Do NOT take a big rock step.

A big rock step (a) looks CLUNKY (b) is a lot more WORK.

Minimize Hopping --

Don't hop up and down a lot. A small amount of vertical motion of the head & shoulders is OK, but it shouldn't look like you're on a Pogo stick.

Single Step East Coast Swing

for faster than 120 beats per minute

	Left		Right			Rock-Step	
Music							
	1	2	3	4	5	6	
MAN	L	WAIT	R	WAIT	L	R	
Wo-man	R	WAIT	L	WAIT	R	L	
COUNT	One	Two	Three	Four	Five	Six	
Alternate Counts	Left		Right		Rock	Step	
	Step	Hold	Step	Hold	Rock	Step	
	Slow		Slow		Quick	Quick	
DOUBLE STEP	L	R touch	R	L touch	L	R	

A VARIATION OF SINGLE STEP

Triple Step East Coast Swing

for slower than 120 beats per minute

	Left Triple			Right Triple			Rock-Step	
Music								
	1	&	2	3	&	4	5	6
MAN	L	R	L	R	L	R	L	R
Wo-man	R	L	R	L	R	L	R	L
COUNT	One	and	Two	Three	and	Four	Five	Six
Alternate Counts	L	Tri-ple	One	R	Tri-ple	Two	Rock	Step
	Tri-ple	Tri-ple	Step	Tri-ple	Tri-ple	Step	Rock	Step
	Tri-ple	Tri-ple	Step	Tri-ple	Tri-ple	Step	Rock	Step