

HOW TO DANCE THE LINDY HOP



The 'Lindy Hop' is a swing dance that originated in New York in the late 1920s and early 1930s. It gained popularity in the UK in the 1940s thanks to the American servicemen stationed here during the Second World War.

THE SWING OUT

The Swing Out is a cornerstone Lindy Hop move. It's danced in 8-counts and is a basic building block for other dance steps.

STEP 1

Rock step - take a step back with your full weight, then transfer the weight to your front foot while keeping it in place.

STEP 2

Triple step - take a step to your side. Bring your feet together. Take another step to your side.

STEP 3

Walk

STEP 4

Walk

STEP 5

Triple step



READY FOR MORE?

When you triple step, try to swing the rhythm three-a-four, or long-short-short

