

Swing FUNdamentals - Jitterbug Swing Dance 101

Course: Jumpin' Jitterbug 101

Instructor: Chris Kogut and Lori Kogut

Location: Bangor

Schedule: [Day], [Start Time - End Time]

Session Dates: [Start Date] – [End Date for Week 8]

- Course Description:

Get ready to rock! This 6-week progressive course is your perfect introduction to the fun and energetic world of Jitterbug. We will focus on the easy-to-learn 4-count basic, the foundation of dancing to classic Rock & Roll, Rockabilly, and 50s music. This class is designed for absolute beginners, and our goal is to get you hopping, bopping, and having a blast on the dance floor. No partner or experience is necessary!

- Course Objectives:

Upon successful completion of this course, students will be able to:

- * Understand the basic 4-count Jitterbug rhythm.
 - * Execute fundamental footwork with a characteristic "bounce."
 - * Maintain a comfortable and effective dance frame and connection.
 - * Lead and follow several core Jitterbug patterns, including turns and wraps.
 - * Navigate a social dance floor with confidence.
 - * Have fun dancing to their favorite oldies tunes!
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- What to Wear & Bring

- * Clothing: Wear comfortable clothes that allow for easy movement.
 - * Shoes: Please wear comfortable, flat-soled shoes. Suede-bottomed dance shoes are great, but sneakers (like Keds or Converse), flats, or other comfortable shoes you can pivot in will work perfectly. Avoid high heels, boots, or flip-flops.
 - * Water Bottle: Dancing is great exercise! Please bring a water bottle to stay hydrated.
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- Class Etiquette:

- * No Partner Needed: We will be rotating partners frequently throughout the class. This is the

fastest way to learn leading and following skills.

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* Be Respectful: We are all here to learn. Be patient and supportive of your fellow dancers. *

Asking & Declining a Dance: It's okay to say "no, thank you" to a dance, and it's okay to be turned down. Be gracious in either situation.

* Hygiene: Dancing is a close-contact activity. Please be mindful of personal hygiene for the comfort of all participants.

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- Weekly Class Progression:

Week 1: Basic Steps & Traveling the Floor

* Focus: Mastering the rhythm and feel of Jitterbug.

* Skills:

* Finding the beat and the 4-count rhythm.

* The 4-count basic footwork: "Rock-Step, Step, Step."

* Introducing the Jitterbug "bounce" and posture.

* Frame, connection, and moving the basic step around the room.

Week 2: Leads and Follows Basic Turns

* Focus: The first and most essential turn in Jitterbug.

* Skills:

* The Follow's Underarm Turn.

* The lead's footwork and signals to initiate and guide the turn.

* Keeping the bounce and rhythm consistent through the turn.

* Returning smoothly to the basic step.

Week 3: The J-Hook & Directional Changes

* Focus: Adding a classic move that "sends" the follow out and brings them back. * Skills:

* The J-Hook (also called a Throw-Out).

* Practice leading the follow away and inviting them back with a clear connection.

* Changing the orientation of the basic (dancing it side-to-side).

* Transitioning between the basic step, the turn, and the J-Hook.

Week 4: The Waist Wrap & Windows

* Focus: Learning fun moves that involve wraps and changing arm positions.
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* Skills:

* The "Waist Wrap" or "Belt Loop": A turn that brings the follow to the lead's side. * The "Windows": A playful move where partners create a window with their arms. * Focusing on hand placement and arm tension to make these moves clear and comfortable.

Week 5: The Pretzel & Alternating Turns

* Focus: Introducing slightly more complex moves that require good leading and following. * Skills:

* The "Pretzel": A classic and fun tangle-and-untangle move.

* Alternating Turns: "He Goes, She Goes" patterns using the underarm turn footwork.

* Building the confidence to link multiple moves together in a sequence.

Week 6: Open Dance, Individual Brush-ups, & Q&A

* Focus: Putting it all together and feeling like a real social dance!

* Skills:

* This class will function as a guided practice session. We will play plenty of music for dancing!

* Instructors will rotate in to provide individual feedback and help you refine any moves you're struggling with.

* This is your chance to ask any questions you have and get ready to hit the dance floor.

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- Make-up & Review Sessions:

Week 7: Make-up Class 1

* This session is reserved for students who missed one of the previous classes. It is not a new lesson. The content will be driven by student needs, focusing on reviewing material from Weeks 1-3. Please come prepared to tell the instructor which week's material you would like to review.

Week 8: Make-up Class 2

* Similar to the first make-up class, this session is for review. We will focus primarily on material from Weeks 4-6, but can review earlier concepts as needed. This is the final opportunity to get

personalized help and solidify your skills before the session ends.