



Edinburgh University Swing Dance  
Society notes on:



# Lindy Hop:

## 5) The Charleston (Lindy style)

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The Charleston proper (explained in a different section of our notes) is one of the dances from which the Lindy Hop derived. It remains as one of the main patterns of the Lindy Hop, where it is often called the “Savoy Charleston” or “Lindy Style Charleston”.

Begin side-by-side in a get-down (lady to man's right)

- 1-2 Rock step on your outside foot, taking care not to take all of your body back too.
- 3-4 Kick your outer foot forwards and down, putting it underneath your body on 4.
- 5-6 Kick your inner foot forwards and then bring it in (flex the leg) without putting it down.
- 7-8 Kick that foot behind you then step on it underneath you.

Notes: the ‘kicks’ are only below the knee, and are don't by straightening the knee for the forward kicks. Don't overdo them – remember that swing dance should look ‘cool’. You can make this pattern move forwards or backwards, or turn it, but be careful always to step underneath where your body is, or you will lose balance.

### Turning through.

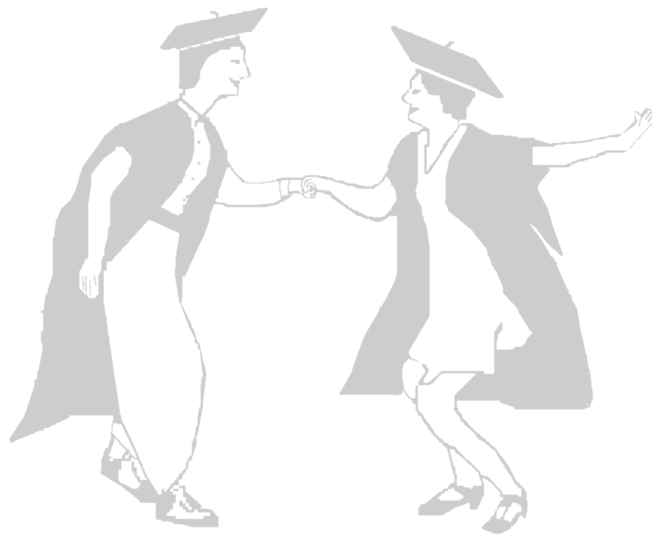
Begin as above, but start with a connection between the man's left hand and the lady's right (when you get more experienced, you can make this connection later in the move);

- 1-2 Rock step on your outside foot, taking care not to take all of your body back too. Open a little space between your hips.
- 3-4 Kick your outer foot forwards and down, putting it underneath your body on 4.
- 5-6 – kick your inner foot forwards, then on 6, as you ‘hold’ the foot, turn inwards towards the lady and lead her (using your R hand) to turn her towards you, and both carry on until you have turned 180 degrees or even more.
- 7-8 kick that same foot forwards with respect to your new body position, then put it down underneath you.
- 1-2 kick your (now) inner foot forwards on 1, and on 2 use your still-connected hand to lead a turn to face each other again as you ‘hold’ the leg
- 3-4 kick that same foot forwards as you return to your side-by-side hold.

You can now either do the whole thing again (from beat 5 in this section) or now go back to the standard Charleston (from beat 5 in the first section: you will find yourself just where you would have been if you had done nothing but basics).

Notes: the most common problem is that people put their foot down in front of them on beat 8, not under them. This stops them from moving the other foot, and all falls apart. This move looks much better if people stay in a get-down, and lean out over their kicking feet.

***To make request up-to-date copies, e-mail [Lindy@swingdoctors.org.uk](mailto:Lindy@swingdoctors.org.uk)***  
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