



Edinburgh University Swing Dance  
Society notes on:



# Lindy Hop:

## 3) The circle

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These notes assume that you are already confident with the basic rhythm and with the triple-time jockey (see notes page 1).

### The circle

The circle is a useful move for coming back to side-by-side from facing. It uses (done in the simplest way) the same basic 8-count rhythm.

1,2 Rock step as usual

3&4 – Triple step, and come in as if for a swingout from facing. For a circle, the man usually turns a little less at this stage so that he is not facing the lady exactly but there is an angle between them. This is not mandatory – it is all a matter of style – and sometimes you will want to keep everything open and facing exactly until the last moment.

5,6 – Step step; you turn clockwise as a couple. The lady can just step underneath her. To avoid the risk of treading on the lady's feet, the man usually crosses R behind L on 5 (not in front).

7&8 – triple. The man ceases his turning and (usually) lets go with the left hand, allowing his right arm up open out enough that the lady's momentum takes her round to the man's right side. As she does this, he lets his hand go from her shoulder to her right hip (the usual side-by-side hold). Brake her gently, and use her residual momentum to guide you both into a smooth rock step.

When done properly, this takes the man on a complete circle (so he ends up facing the same wall he started facing). I would advise that you concentrate on the smooth, controlled feeling first, and only then worry about your exact position.

### Common problems

- You end up facing again, in a scruffy version of a swingout. This is caused by the man keeping hold with the left hand and letting go with his right (which is the wrong way round).
- The man treads on the lady, or is trodden on, during beats 5 and 6. The solution is for him to cross behind on 5, not in front.

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

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