



Edinburgh University Swing Dance
Society notes on:



Collegiate Shag: 3) Shag kicks

NB – These notes are copyright. You are free to copy and distribute them intact, but you please do not edit them in any way: in particular, please do not remove the header and our contact details. Send requests for the newest edition to Shag@swingdoctors.org.uk. Jamie & Katie.

This move moves you out from the close hold to side-by-side.

Start with a basic in close hold

- 1-2 step (man L lady R) with flick behind as usual
- 3-4 step (man R lady L) with flick behind as usual
- 5 – step, leading the lady to a side-by side position by relaxing your right arm and leading with your left
- 6 – step, completing the transition to side-by-side (your R hand on her R hip).

This is easier to set up if you rotate the basic clockwise, although you don't have to (if you don't, it is easier if the man shares the job of the opening out to side-by-side with the lady, rather than making her do all the work).

Shag kicks themselves:

- 1-2 : step on your outside foot, turning you and your partner out to face about 45 degrees away from each other. Kick your inner foot outwards, by raising your knee a little and swinging the lower leg (to get the loose, goofy look of shag).
- 3-4: step on your inner leg, turning you and your partner in to face about 45 towards each other, and kick loosely your outside leg. The man kicks a little outside the lady.
- 5-6: step-step. You can do this as a simple step step, but it is better if you use 'rocks'. To do this, put your outer foot down directly underneath you, and swing your other foot a little out behind it (as if it is following the arc of a pendulum). Then, on 6, change feet on exactly the same spot on the floor, so that your outer foot is now swung forwards. The overall effect is as if your two feet are at a fixed distance apart and swing along an arc: done well, there is an illusion that your body is help up, like that of a puppet on a string, and your legs are swinging freely underneath you.

Variation: continuous rocks:

- You can carry on rocking (an additional 3 sets of rocks if you want to keep the six-beat feeling going, or other numbers if you want to use this to move across the phrase). As long as you are well connected to the lady, she will feel this and carry it on.

Getting back to the basic:

- Do the normal shag kicks, but on the 5-6, use normal steps (not rocks) and rotate around the lady so that you are facing her and can scoop her back into the close hold. Then just go into a normal basic.

Jamie@swingdoctors.org.uk