



Edinburgh University Swing Dance
Society notes on:



St Louis Shag 1:

1) The basics

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St Louis Shag is, as its alternative name of 'speed shag' suggests, adapted to fast music. For this reason, it is danced with the *centre* of the body moving very little, though the legs certainly do move. As with all fast swing dances, you should aim to look 'cool', as if dancing at 260-beats-per-minute is just a gentle cruise for you.

Stance: loose, rather like Lindy Hop.

Basic step: in conventional side-by-side hold.

- 1 – kick outer leg forwards (same feeling as a Charleston in Lindy Hop)
- 2 – put foot down, under you.
- 3 – kick inner foot forwards
- 4 – 'scoop' it back, while hopping gently on the outer foot
- 5 – put foot down
- 6 – stomp your outer foot in front of you (no weight transfer to it)
- 7,8 – rock step on your outer foot.

You can, of course, drop this basic into your Lindy hop. If you do, it is easiest to dance it two beats out of its usual phase (starting with the rock-step).

Variations:

- 1) Keep rhythm going as above, but on the 4 start to turn to face your partner and move away from her, turning her to face you. Do the stomp and begin the rock step while facing your partner, rotating back to side-by-side by the end of the rock-step ready for a kick forward.
- 2) As above, but replace the rock step with a Δ -slide ('mini-splits'). Be very comfortable with the basic and variation 1 before trying this.
- 3) replace the scoop on 4 with a stomp forwards on the inner foot (again no weight transfer, because you need it off the floor ready to put it down again on 5). This is useful for music in which you feel the need to emphasize up-beats.
- 4) as above, but replace the normal stomp on 6 with a kick forwards on the outer foot. This leaves you emphasizing beat 4 rather than 6.

To make suggestions or to request up-to-date copies, e-mail jamie@swingdoctors.org.uk

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