



Edinburgh University Swing Dance  
Society notes on:

## St Louis Shag: 2) Falling off the log



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The fall-off-the-log of St Louis Shag is the same one as in Collegiate shag, and NOT the move generally given that name in Lindy Hop. Sorry for the confusion.

The fall off the log involves some rotation below the waist, but NONE above. Practice on your own first;

- 1 – men step on L leg, turning hips diagonally to right, and flicking your R foot a little back (ladies, mirror throughout)
- 2 – men step on R foot, in the same direction, flicking your L back behind you
- 3 – men step on L foot, facing forwards, and extend your R leg so that it crosses in front of your L (no weight)
- 4 – men step on your R foot, starting to face diagonally right below the waist again. (repeat exactly on beats 5-8).

The rotation below the waist is subtle.

### **Closed fall off the log:**

Begin with a normal basic (see St Louis notes 1), and collect the free hand.

On the next basic, instead of doing the kick-down on 1-2, turn in sharply on beat 1, upper bodies in a typical 'ballroom' distance and facing each other, but with a forward lean, and fall off the log in that hold. You need enough space between you to do this safely, and the body lean helps achieve this.

After doing 2n falls-off-the-log in this position, turn out and go back to the basic. Practice the leads and follows into and out of the fall-off-the-log: they are important in St Louis.

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

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