



Edinburgh University Swing Dance
Society notes on:



St Louis Shag:
2) Falling off the log and more

Please see <http://www.swingdoctors.org.uk> for updates.

Copyright © 2011, Jamie Davies and Katie Brooks. Permission is granted to copy, distribute and/or modify this document under the terms of the GNU Free Documentation License, Version 1.3; with the Invariant Sections (which must not be modified or deleted) being the logos, header and URL above, and this entire copyright paragraph.

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.

Open fall off the log:

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

1-3: normal basic

4 – turn in to partner as you bring your middle leg in, leading her to turn in to you

5 – keep turning so you kick your R leg (follower's L) forward in the direction that used to be behind you (this is just like a turning Charleston in Lindy Hop)

6 – put your R leg down and still turn out a bit more, leaning away from your partner

7 – 2 do a fall off the log, man stepping on to his L, lady R

3 – 6 do another fall off the log

7 -8 (either carry on or) step, step, turning back through ready to start the basic again.

Bunny hops:

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

On the next basic, do the kick down kick and down, turning to face partner on the down5 (as if preparing for a lambda slide), bend knees (legs together) on

6 and rotate so that each of you is looking over the other's R shoulder (ie you are looking left of her as you perceive it).

7 - On 7 jump forward (bunny hop) into the space.

8 - jump back to a neutral (facing) position

1 – bunny hop fwd to the right of your partner

2 – hop back to neutral

3 – hop to left of partner

4 – back

5 – hop to right

6 – back

7 – hop in place (easier on your partner to do this)

8 bounce and be ready to turn back to the basic on 1.

Lie back kicks:

Begin with a normal basic up to 6

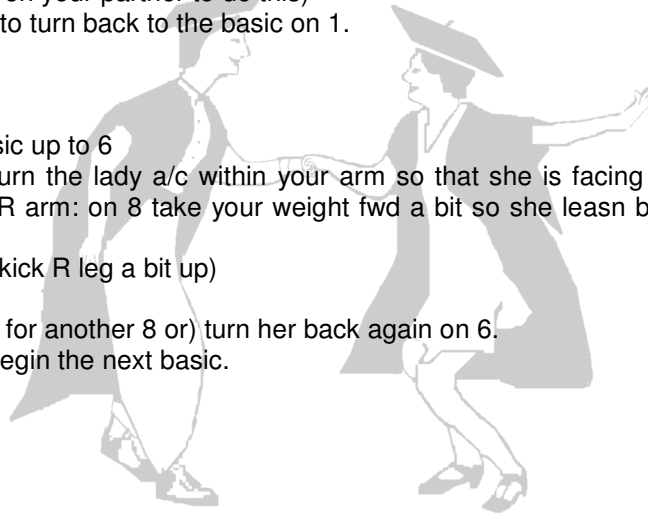
7-8 as you rock step, turn the lady a/c within your arm so that she is facing behind you and is wrapped firmly in your R arm: on 8 take your weight fwd a bit so she leans back in your arm (a BIT).

1-2 kick L leg fwd (lady kick R leg a bit up)

3-4 kick R (lady L)

5-6 kick L and (carry on for another 8 or) turn her back again on 6.

7-8 rock step ready to begin the next basic.



Edinburgh University Swing Dance Society

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

Date of last revision: 9th January 2005