



ROUTINE GUIDELINES

GUIDANCE FOR THE WEST COAST SWING (WCS) ROUTINE DANCER

Understand and base your routine choreography on the “identifiable characteristics” of West Coast Swing. Ensure a balance of WCS patterns, weight support moves, performance moves, partner interplay, and chemistry. Choose music and tempo that best represent the “Identity” of West Coast Swing. The “quality” of your swing and your technique, timing, choreography, and performance is judged accordingly. Develop and refine all facets of your dance routine to create an exceptional West Coast Swing performance.

WEST COAST SWING PRIMARY IDENTIFIABLE CHARACTERISTICS

- Danced in a Slot – Shared and Controlled
- Follower Walks Forward on counts 1-2 of the pattern vs. Rock Steps
- Anchors – 2 beat Anchors to end a pattern

WEST COAST SWING MUSICAL IDENTITY

- Danced to 4/4 Time Music
- Pulses the Upbeat (2,4,6,8)
- Accents Interpretative Musical Nuances within the context of the patterns
- Is best expressed when using music tempos ranging from 90 and 120 BPM. Too fast or too slow can alter the identifiable characteristics of WCS

NOTE: The Quality of your West Coast Swing is dependent on many factors which may or may not be included as part of its Identity, such as Rolling Count or Exceptional Performance. The purpose of this document is to understand and identify West Coast Swing at its core. If its core is “unrecognizable” scores may reflect poorly. Educate not violate is the goal!