

East Coast Swing

- Basic - triple step left, triple step right, back rock with left foot
- UAT to Right - directly following back rock, lift left hand to lead turn as you do basic
- UAT to Left - directly following back rock, left hand across face to lead reverse turn as you do basic
- Release Break - 1/4 left on first triple steps, drop right arm to establish open position before second triples, finish basic
- Wrap/Sweetheart - two-hand hold, first triple lead reverse UAT into arm on right side, continue basic, tuck at beginning of second basic, lead right UAT to get out
- Man's UAT - she goes RUAT first triple, you go LUAT second triple, back rock ends it
- Reverse Wrap - two-hand hold, lead a RUAT on first triple, she passes under arm, establish hammerlock during second triples, lead back out during second triple set
- Tuck-in Spin - tuck in first triple, lead quick RUAT during second triples
- American Spin - from open position establish hand-shake hold, first triple tuck in, second triple let her spin after pushing her out, end back rock
- Double Face Loop - cross hand hold, right on top, lead RUAT quickly, loop right hand over head and then left, finish back rock (can end with tuck in followed by double RUAT for silver move)
- Promenade Swivels - tuck in triple, pivot out triple, 2 slow pivots, 6 quick pivots, end basic (all done moving forward)
- Fallaway Swivels - (can do without swivels by stepping back four times after triple steps, kick 4 times) after two triples, swivel back 4 counts with two-hand hold, kick across right, across left, then alternating kicks toward partner
- Continuous Tuck-in Turn - (all done in closed position) tuck in first triple, make partner pivot out second triple, continue triples for desired duration, end with a quick RUAT after tuck in
- Wrist Spin and Alternating Turn - like the American spin, only lead from the wrist and spin left as lady spins also; do 2x