

# Basic Shag Class **Lesson 1**

[www.sandybeachshagclub.com](http://www.sandybeachshagclub.com)

All lesson handouts are on the website, and much more!

## Lesson 1

General points:

### Keep the Shag fun

Leather bottom shoes or shoes that slide easily are very helpful. Ladies, the comfort will be important! Comfortable clothing, such as shorts, loose fitting long pants, etc.

Shag etiquette- Stay in your slot (see below)! Getting stepped on is not fun.

Man always starts with his left foot, and woman always starts with her right foot. The man leads this dance

Man always ends on his right foot, and woman always ends with her left foot. The woman follows the lead.

Please arrive 15 minutes prior to the lesson and warm up. **We will have 30 minute review sessions before lessons 2, 3, and 4.**

Rhythm and musicality are key ingredients for dancing well. Once you learn the steps, try and make sure your steps are in time to music that you listen to while practicing. Dance with the core of your body. Remember, the core moves first and your feet move underneath of your core. Keep your steps close to the floor with your head and arms still.

Homework: Doorknob and a belt or some similar method to practice the basic steps. If you don't practice, it will show. Robin and I practice our Basic step every week!

**Basic Step** -One and two, three and four, five six (Visual) Up, together, back, rock in place, rock step. Remember that each foot position is either a number or an "and". "Ands" are always between the beat. There are only 8 foot positions. We teach position first, then style after that. Shag is primarily danced from the waist down. Good posture is essential. We will teach posture in Lesson 2 with emphasis on proper connection. If time permits, practice the basic steps with partners. Remember to dance wall to wall. No Dead Arm! Smile and have fun!

Shag is a slot dance. The lane that the female travels in and where both partners face each other is called "the slot". The slot lines up wall to wall. The male will step out of the slot to let the female partner travel down the slot (Pass). This will be covered in detail in Lesson 2.

Lesson 2

Quick review of Lesson 1

Style points: Connection, Position, Tempo, Flow.

**Male and Female Underarm Turns**

Lesson 3

Review of Male and Female Underarm Turns

**Start Step**

Lesson 4

Review of Start Step

**Sailor Shuffle**

Thank you for coming to our lessons. We welcome any suggestions to make lessons better!