

Basic Shag Lesson 2

www.sandybeachshagclub.com

Lesson 2

Quick review of Lesson 1- The Basic Steps

Review Style Points: Connection, Position, Tempo, Flow

Connection: You must have a firm connection. Test your connection with yourself or a partner. Take your long and ring fingers and tug on the same two fingers of your other hand. The connection should have good resistance.

Position: Face wall to wall and dance wall to wall. Females will stay in front of the male, and move in the slot. Males will stay at the top of the slot and move out of the slot to allow the female by. Good posture, keeping the head tall and arms correctly (bent arm). Male left hand primarily connects to the female's right hand. Unconnected hand stays slightly bent at the elbow at the side, as if holding a drink. Stay on the balls of your feet.

Tempo: Shag tempo is critical to stay in time with the music. Learn to keep the tempo consistent.

Flow: The flow of shag is smooth and not jerky. Move in ways that are fluid and classy. REMEMBER: No Hopping, Bouncing, Swaying, or Swinging. You may see people doing it, but it is poor technique!

Male and Female Underarm Turns

Male Turn- On the **sixth** step of the previous basic step, the male steps out of the slot with the right foot. He takes his partner's hand to his left and raises the hand just enough to clear his head. He does his **one and two** slightly turning to the left, then steps back on **three** and rock steps **three and four**, now facing his partner, **five, six**. The Female moves down the slot in her basic step turning to the right and facing her partner.

Female Turn- Male moves on the final step of the basic (**sixth step**), out of the slot (left). He signals the female by lifting her hand forward, up and to his right. He does his **one and two** while standing in the traveling lane looking and facing where his partner is moving in the slot. He steps back on **three** now facing the opposite wall from where he started, and finishes his basic, **three and four, five six**. Female moves down the slot in her basic, moving to her left. She will step back on her **three** count with her left foot and finish the basic count, **three and four five six** face her partner.

Homework- Practice, Practice, Practice.

Thank you for coming to our lessons. We welcome any suggestions to make lessons better. **Robin and John**