

Basic Shag Lesson 3

Review of the Basic

Review of Style Points

Review of the Female and Male Underarm Turns

The Start Step:

The Start step: This is the way that the shag begins. It helps to get both partners in time to the music together. Partners start at about a 90 degree angle from each other and facing their respective wall.

Male steps forward with his left foot (**Up**), then touches the left heel with his right foot (**touch**), then takes the right foot back (**3**) and does a rock step, to the left foot (**And**) and back on the right foot (**4**), left foot comes back into the (**5**) five position, then steps forward with the right foot (**6**)

Female steps forward with her right foot (**Up**), then touches the right heel with her left foot (**touch**), then takes the left foot back (**3**) and does a rock step, to the right foot (**And**) and back on the left foot (**4**), right foot comes back into the (**5**) five position, then steps forward with the left foot (**6**)

Please practice what you are learning! Practice your basic step for 5 minutes, at least, every day. Please join us after lessons to practice during **Open Dancing**.

For additional help, go to www.sandybeachshagclub.com. Click on the lessons tab. Also, there will be additional information in the Forum, in the lessons area!

We are so happy to be able to introduce you into the wonderful world of Shag Dancing. Please let us know how we can help you!

Robin & John