

# Beginners II-Lesson 1

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Welcome to Beginners II! Our goal for students of this class is to improve your Basic Shag Steps, add some Basic variations. We will also add some additional patterns to improve your Shagging. Tonight we will cover the **Half Female Turn, The He-She Turn**. In future weeks we will cover the Hesitation, Da Da's, Half Pivot and the Belly Roll. There will be an emphasis on dancing to live music throughout this class. Shag etiquette will also be discussed.

## Review of Basic Steps

### Tempo

In order to improve the look of your Basic, it is important to be able to dance your Basic to faster tempos. Faster tempos require you to know the Basic without too much thought. If you get behind in the count, you must learn to make an adjustment. The adjustment should be on your 5, 6, count.

### Posture

Posture is critical to making the steps look attractive. The head should remain tall. The eyes should look at your partner's. Avoid looking at your feet. If you get into this habit, it is hard to break. See your feet mentally! The arms should extend properly and the connection should be firm but not tight. Hips should be underneath the head position. The knees should be slightly flexed to allow the absorption of the energy, so the head appears to not move up and down. Weight should be predominant on the balls of the feet as opposed to the heels. There are occasions that the weight will be on the heel. In order to move forward, the weight cannot be on heel. Avoid swaying side to side. An attractive Basic more than makes up for lack of many patterns!

### Connection

Lead and following is a product of good connection between the partners. Improper connection will lead to different problems while shagging. Test your connection. Arm length should be adjusted as the distance increases and decreases.

### Flow

The Shag is a very graceful dance when done correctly. The movements between the male and female partner must flow together. There must be adequate movement forward and backwards to create the mirror pattern in an attractive way.

### Making our dance look like the Shag!

What makes the Shag look like the Shag? It is a combination of everything previously discussed. Most importantly, it is the quietness of the upper body while the legs and feet create the movement and beauty of the dance. Our goal is to make you look good!

