Final Beginners 1 Basic Shag Lesson

Review of the Basic

Review of the Female and Male Underarm Turns

Review of 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**).

Learn the Sailor Shuffle:

Do a basic, then:

Men: Left foot steps behind right foot (**1**), Right foot moves to the right, back and even with left foot (**And**), Left foot forward (**2**), Right foot behind and beyond left foot (**3**), Left foot to the left and even with the right foot (**And**), Right foot forward (**4**), Weight shifts back to the left foot ((**5**), Rock step to the Right foot (**6**)

Women: Right foot steps behind left foot (**1**), Left foot moves to the left, back and even with right foot (**And**), Right foot forward (**2**), Left foot behind and beyond right foot (**3**), Right foot to the right and even with the left foot (**And**), Left foot forward (**4**), Weight shifts back to the right foot (**5**), Rock step to the Left foot (**6**)

Congratulations to all! You are now graduates of Basic Shag class. Remember, you must practice, practice, and practice. Our next level class is Beginners 2. I encourage everyone to take this class as we will work on style, tempo, connection and flow much more than we had time to, in Beginners Basic 1. **Thank you! Robin and John**