Swing

Timing

Various, minimum 4 beats

Starting formation

Facing Dancers (Boy and Girl)

Dance action

The dancers walk slightly to the left towards each other and assume the classic dance position, turning so that they are right hip to right hip.
As a unit, they turn clockwise to the music for 4 or more beats. The movement is like scootering; the left feet push off, the right feet stay in place, or the dance partners walk around each other in normal steps.
At the end of the figure, the woman turns further to the right (rolling along the man's right arm) until she is facing in the same direction as the man.

Ending formation

Normal Couple, usually facing in the direction of the Squared Set or in the direction of the Promenade

Styling

The styling depends on which type of step is used. A distinction is made between walking and buzz step swing. For both, the man's styling is the same: Left arm slightly bent at the elbow, palm slightly up, right hand flat on her left shoulder blade. The woman using a walking step places her left hand on the outside of the man's right upper arm, making sure to keep her hand flat so as not to cling to the arm. She should lift her left elbow slightly so that she is not pushing down on the man's elbow. This is also a good position if the man is considerably taller than the woman.

In the faster Buzz Step Swing, her hand is flat on the man's right shoulder blade and holds her left elbow slightly raised. In both types of swing, the woman's right hand is palms down in the man's left hand.
Each dancer is responsible for their own stability. The faster the swing, the more the dancers will lean slightly back into their partner's arms. This leaning back should not be exaggerated. This often happens naturally due to the correct execution of the figure.
The force that wants to pull the dancers apart is absorbed by the mutual support of the man's right hand and right arm and the woman's left hand and left arm.
The other arms only hold loosely and are used for balance.
Differences in height may require variations on the above styling. For example, if the man is considerably taller than the woman, she may place her left palm on the outside of a right bicep.

Footwork for walking swing: Small steps clockwise around the center between the two dancers.

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Buzz step swing footwork: The right foot moves forward in a small clockwise circle around the center point between the dancers, while the left foot pushes like a scooter. The right foot is always in front of the left..

Ending the swing: The man initiates the end of a swing at the right time so that both dancers are facing in the right direction for the next figure.
Ending the swing without a twirl: The man signals the end of the swing as soon as he is facing in the right direction by releasing the left hand connection to the lady and stopping his turning movement. The lady completes her turn and turns along the man's right arm. Both end up as a couple and look in the same direction. As soon as the lady is standing securely, the man positions his right hand in the next correct hand position: Couple or Promenade hand position.

Some dancers get dizzy when swinging. Be aware of your partner's needs.
If two dancers of different weights are swinging (for example an adult man and a child) it is rough and dangerous to let the lighter dancer lift off the floor.

There should be little to no vertical dance movement such as jumping or skipping.

During the swing, the dancers are neither right hip to right hip next to each other, nor are they standing in front of each other. Instead, they are slightly offset, one step to the left of the other and at a slight angle. The woman's nose points to the man's right shoulder.

The swing should be danced in sync with the beat of the music. One step per beat when performing the Walking Swing. One step with the right foot per beat when performing the Buzz Step Swing.

If a couple is facing out of the square and the call swing is announced, the dancers should turn towards each other and then perform the swing.
From a static square, the call heads or sides swing means that the dancers addressed swing the partner next to them and not the dancer further away opposite.