



Level 2 - Improvers

Essential Solo Skills

These warm up patterns cover footwork and styling elements that will be used through the level 2 syllabus. A confident knowledge of this footwork will give you the foundation you need for more complex patterns later on.

- **Chaine Turns Left & Right**
- **Lateral Triple**
- **Break Triple**
- **8 Count Rhythm Basic**
- **Forward Break Turn Triple**
- **Back Break Turn Triple**

Identify, demonstrate and keep rhythm in these solo concepts.

Essential Lead/Follow

These lead/follow patterns are used throughout your basic Swing dancing. A confident knowledge of these patterns will give you the foundation you need for more complex patterns in level 3. Importantly, level 3 and higher will use these patterns as building blocks, so a prior knowledge is required

- **Travelling Left Turns**
- **Whip**
- **Whip to Travelling Right Turn**
- **Whip to Travelling Left Turn**
- **Travelling Left Turn Whip**
- **Basket Whip**
- **Fold (Sweetheart, Cuddle)**
- **Hand Change Combo**
- **Basic Starter Step**
- **Torque Turn**
- **Stalker Whip**

Knowledge of how to lead or follow these patterns in an improvised social dance.

Optional Lead/Follow

These lead/follow patterns represent fun and playful patterns that will add variety and musicality to your social dancing. They are not required to move through to next level, but will provide some challenge and variety to the classes whilst you hone and refine your essential lead/follow skills. This by no means a comprehensive list.

- **Cut Off Underarm Turn**
- **Slingshot**
- **Extensions**