

WEST COAST SWING

TIME 4/4	6 COUNTS/ 8 WEIGHT CHANGES	TEMPO 95-105	EMPHASIS 2, 4, 6	COUNTS/ DANCE ACCENT 1 2 3&4 5&6	CALL Walk, walk, triple, anchor	STYLING Rhythm, Smooth, slotted
						Ball flat rolling of feet
SONGS	ARTIST	BPM				Relaxed hips & knees
Royals	Lorde	85				
Dance Monkey	Tones and I	98				
Body Like a Back Road	Sam Hunt	99				
Vibe	Mullally	100				
Give Me One Reason	Tracy Chapman	100				
24K Magic	Bruno Mars	107				
Fire	Tessane Chin	112				
I Can't Help Myself	Four Tops	128				
Ex's and Oh's	Elle King	140				

EAST COAST SWING

TIME 4/4	6 COUNTS/ 8 WEIGHT CHANGES	TEMPO 130-150	EMPHASIS 2, 4, 6	COUNTS/ DANCE ACCENT. 1&2 3&4 5&6	CALL. Side triple, Side triple, Rock recover (back)	STYLING Rhythm, Semi- Cuban motion
						Nanigo motion
SONGS	ARTIST	BPM				Relaxed hips & knees
Mustang Sally	Picket	108				
Old Time Rock & Roll	Bob Seager	124				
You Shook Me All Night Long	ACDC	127				
Cooler Than Me	Mike Posner	129				
Knockin' Boot's	Luke Bryan	132				
Honky Tonk Highway	Luke Combes	132				
It's Still Rock and Roll to Me	Billy Joel	141				
In the Mood	Glenn Miller Band	162				