

Swing (C)	Tier 1	Tier 2
Week 1	Basic Footwork and Rotation	Hook Cross Slide; Stomp Off
Week 2	U/A Turn and Return; The Shunt	Drag Walks
Week 3	The Swing Out Session!!!	
Week 4	Lindy Circle; Closed Swing Out	The Worm
Week 5	Double Turn Out; DTO to Closed Position	Crossed Arm Pull Through; The Yo-Yo
Week 6	Texas Tommy	Hip Lunge

Notation

- Tier 1 Content
 - Tier 2 Content
 - *Linking figures to basic Tier 1 Routine*
- OR ... Tier 2 content replaces the Tier 1 figure
- /... Choice of figure(s)

Swing (C) Routine

Week 1

- Basics (Closed) & Rotation

Week 2

- Under Arm Turn & Shunt
 - Drag Walks

Week 3

- Swing-Out **OR**
 - Swing-Out Variation

Weeks 4(&1)

- Lindy Circle
 - Hook Cross Slide
- Closed Swing Out **OR**
 - The Worm
- Lindy Circle

Week 5

- Double Turn-Out
 - Crossed Arm Pull-Through
 - The Yo-Yo

Week 6

- Texas Tommy
- Return **OR**
 - Hip Lunge