

Berlin loves WCS

Level 2 Follower Checklist

This checklist covers everything learned in Level 2 at Berlin loves WCS. It is what a teacher is looking for to decide whether you are ready for Level 3. We assume the Level 1 skills are known and *mastered*.

How you move up a level

Go through the list honestly and tick one box per line. When most of your ticks — **and all of the**  **key items** — sit in the **last** column, you can ask your teacher if you can move to the next level. The teacher can tell you or dance with you to assess if the skills are sufficiently in your body to build on top of them in the next level.

You do not need to check every line in the last column. You **do need to check most of them**, and you need especially the key ones. A skill in the last column counts when it works with a partner you have never danced with before, not only with the person you usually practise with.

 Key item — these must be checked in the last column before moving up. Everything without a key should be checked somewhere between the 2nd and the 3rd column — good enough, not perfect.

This sheet exists so you know what to work on, and so "am I ready?" has an answer that isn't just a feeling. Please respect the level progression to ensure an optimal learning space for you, your partners and your classmates.

Patterns you must be able to dance

These are the building blocks of every West Coast Swing dance. For key items: you need to have an idea of what it looks and feels like by name only.

Skill - Concept - Technique - Pattern	I have heard it in class	I do it sometimes when focusing	I can do it without thinking nor mistakes
Whip 🔑			
Reverse Whip 🔑			
Whip with outside turn			
Inside turn 🔑			
Free spin 🔑			
Singe outside turn 🔑			
Starter Step Tap step, then any variation of anchor			
Basic Cut off 🔑 Non-accelerated version			
Traveling Tuck With magnet connection & rotation leader			
Anchor Variations 🔑 Coaster back and coaster front			
One step Anchor variations 🔑 tap / kick / knee up step			
Elongation - after 4 🔑			
Elongation - after 2 🔑			
All Level 1 patterns with all four handholds			
Handhold changes			

Technique and concepts

As important as patterns, or even more important, the skills marked with 🗝️ are key items that need to be mastered before moving to the next level.

Skill - Concept - Technique - Pattern	I have heard it in class	I do it sometimes when focusing	I do it all the time without focusing
🗝️ Frame as the whole body			
🗝️ Reactive frame in the horizontal plane, relaxed in the vertical plane			
🗝️ Body follows the hand and hands stay in front of the body			
🗝️ Posting			
🗝️ Prep technique Expansion, delayed step on 2, rotation and closing the frame			
Turned out feet			
🗝️ Short relaxed arms			
Turn technique Spotting, expansion, chainés turns			
🗝️ Turn Technique - Turning on the slot			
🗝️ Delayed weight shift - Strike/transfer			
🗝️ Delayed weight shift - 3 track base			
Delayed weight shift - Sending/Receiving leg			
Using distance and rotation to create connection			
🗝️ Answering changes between stretch & compression as soon as possible			
🗝️ Closed position - filling space with body rotation around the shoulderblade			
🗝️ Anchor away from the leader			

Dancing socially

Everything that makes you a good partner outside of class.

Skill - Concept - Technique - Pattern	Sometimes	Often, easily
Dancing with dancers below and above your level You can dance with less experienced dancers without overwhelming them and with more experienced dancers without freezing		
Fixing a pattern that went wrong You can slow down, stretch and find the beat to restart the dance without freezing if something goes wrong		
Going to socials You sometimes go to parties and dance with people you don't know		