

Berlin loves WCS

Level 1 Follower Checklist

This checklist covers everything from Level 1 at Berlin loves WCS. It is what a teacher is looking for to decide whether you are ready for Level 2.

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. **All of them are key.**
You need to be able to dance them 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
The Break (open position and closed position)			
Left Side Pass (open position)			
Underarm Turn / Right Side Pass			
Travelling Tuck (basic technique)			
Sugar Push			
Sugar Tuck			
Left Side Pass (closed position)			
Send out (left side pass closed to open position)			
Underarm Turn open position to closed position			

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
🗝️ Dancing on the slot			
🗝️ Basic handholds one hand, two hands, reverse			
🗝️ Low, relaxed arms			
Following the hand with the whole body in passes and turns			
🗝️ Stretch as a baseline for connection			
🗝️ Travel back to create stretch			
🗝️ Finding 1 and 2 in the music Downbeat & Upbeat			
🗝️ Basic rhythm & footwork 1 2 3&4 5&6			
🗝️ Rolling ball principle keep momentum			
🗝️ Frame relaxed and grounded when the arms are up			
🗝️ Compression technique in Sugar Push			
Rolling ball during the Break			
🗝️ Closed position technique right arm relaxed, connection on the body, left arm has contact on the leader			

Dancing socially

Everything that makes you a good partner outside of class.

Skill - Concept - Technique - Pattern	Once	Sometimes	Often
Asking for and accepting a dance You can ask anyone for a dance and say yes or no kindly. A 'no' is always allowed and never needs a reason.			
Floorcraft basics You keep your slot, avoid bumping into other couples, and apologise and check in if you do.			
Clean shoes and hygiene Shoes with clean soles, a spare shirt for long evenings, deodorant. Basic care for the people you dance with.			
Dancing your level with anyone You can dance the Level 1 patterns with a total beginner and with an advanced dancer without panicking.			