

Berlin loves WCS

Level 3 Follower Checklist

This checklist covers everything learned in Level 3 at Berlin loves WCS. It is what a teacher is looking for to decide whether you are ready for Level 4. We assume the Level 2 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
Sling shot with under arm exit  "Old school" - with compression			
Sling shot with under arm exit  "New school" - with stretch throughout			
Rainbow 			
Open Whip 			
Open Whip with inside turn			
Open Whip with outside turn			
Reverse Whip right to right 			
Crossbow Whip			
Roll in - Roll out  Right to Left / Right to Right Left passing / Right passing Shoulder roll / Hip roll / Hammelock			
Sweetheart / Presentation 			
Double outside turn 			
Cut off  With delayed weight shift			
Shadow position  Slow transfer & Step tap versions Right & Left exits			
Travelling Tuck  "Old school" - with compression			
Turning Basic 			
Telemark 			

Styling & Body Movement

Controlling your body motion and being able to dance yourself on the music is a fundamental skill in West Coast Swing.

Skill - Concept - Technique - Pattern	I have heard it in class	I do it sometimes when focusing	I can do it without thinking nor mistakes
Anchor Variation - & <i>Action</i> ball change			
Anchor Variation - Rond de jambe step Front & Back			
Swivels 🗝️			
Starting on the “wrong foot” 🗝️			
Rhythm changes 🗝️ Triple triple double & Triple double triple			
Isolated level change on the anchor 🗝️			
Isolated rotational changes/styling on the anchor 🗝️			
Isolated body motion 🗝️ You can style with different parts of your body (shoulders, head, free arm, hips) without negatively affecting your partner			

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
Rock and Go 🗝️ Open and Closed position			
Rotational Rock and Go Against and 2 - coaster back			
Resisted Release			
Triple Step technique — partial, full, delayed			
Controlled weight shifts 🗝️ Knee release, Strike, Sending & receiving leg, Rolling count, Turn out, Straight legs to transfer and push off, 3 tracks			
The body follows the hand and stays connected 🗝️			
Hammerlock technique 🗝️			
Continuing linear & rotational momentum 🗝️			
Turns technique 🗝️ Handhold, Stable turns on the slot, Keep the frame			
Keep body integrity while going back 🗝️			
Frame control 🗝️ Expansion & Contraction			
Swing Action in the body			
Constant connection Rotation & distance management			
Communicating rotational changes on the anchor 🗝️			
Offering new contact points to the leader			
Responding to contact points & connection changes 🗝️ Answering connection type with the connected body part			

Musicality

From Level 3 onwards, dancing to the song is part of the dance.

Skill - Concept - Technique - Pattern	I have heard it in class	I do it sometimes when focusing	I do it all the time without focusing
Song structure vocabulary  You can hear which part of the song you're on			
Macro-musicality - Phrasing  Identifying the phrase changes			
Hitting the phrase change  With an isolated styling variation			
Hitting the phrase change Being able to offer a strong styling when placed on the phrase change			
Straight vs Swung rhythm 			

Dancing socially

Everything that makes you a good partner outside of class.

Skill - Concept - Technique - Pattern	Sometimes	Often, easily
Adaptation — dancing with every level 🗝️ You can give a Level 1 dancer a great dance and hold your own with an All-Star.		
Recovering without stopping When something goes wrong you keep dancing and make the best out of it. The music does not stop, so neither do you.		
Your first WCS event You have been to at least one weekend event, or you know what to expect at one.		