

# West Coast Swing Basics with Beatrice Kobras

West Coast Swing is a popular partner dance that originated in the United States in the 1940s. It is characterized by its smooth, flowing movements and its improvisational nature. West Coast Swing is danced to a variety of music, including swing, blues, and R&B.



## West Coast Swing: Basics by Beatrice Kobras

★★★★☆ 4.3 out of 5

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Beatrice Kobras is a world-renowned West Coast Swing instructor. She has taught thousands of students around the world, and she is known for her clear and concise teaching style. In this article, Beatrice will teach you the basics of West Coast Swing.

## Basic Steps

1. **Step forward with your left foot.**
2. **Step back with your right foot.**
3. **Step to the side with your left foot.**
4. **Step together with your right foot.**

These four steps form the basic pattern of West Coast Swing. Once you have mastered the basic steps, you can begin to add variations and improvisations.

## Basic Turns

1. **The Inside Turn:** Step forward with your left foot, then turn to the right on your right foot.



2. **The Outside Turn:** Step back with your right foot, then turn to the left on your left foot.



3. **The Sugar Push:** Step back with your right foot, then push off with your left foot and turn to the left.



These three turns are the most common turns in West Coast Swing. They can be used to add variety and style to your dancing.

## Basic Styling

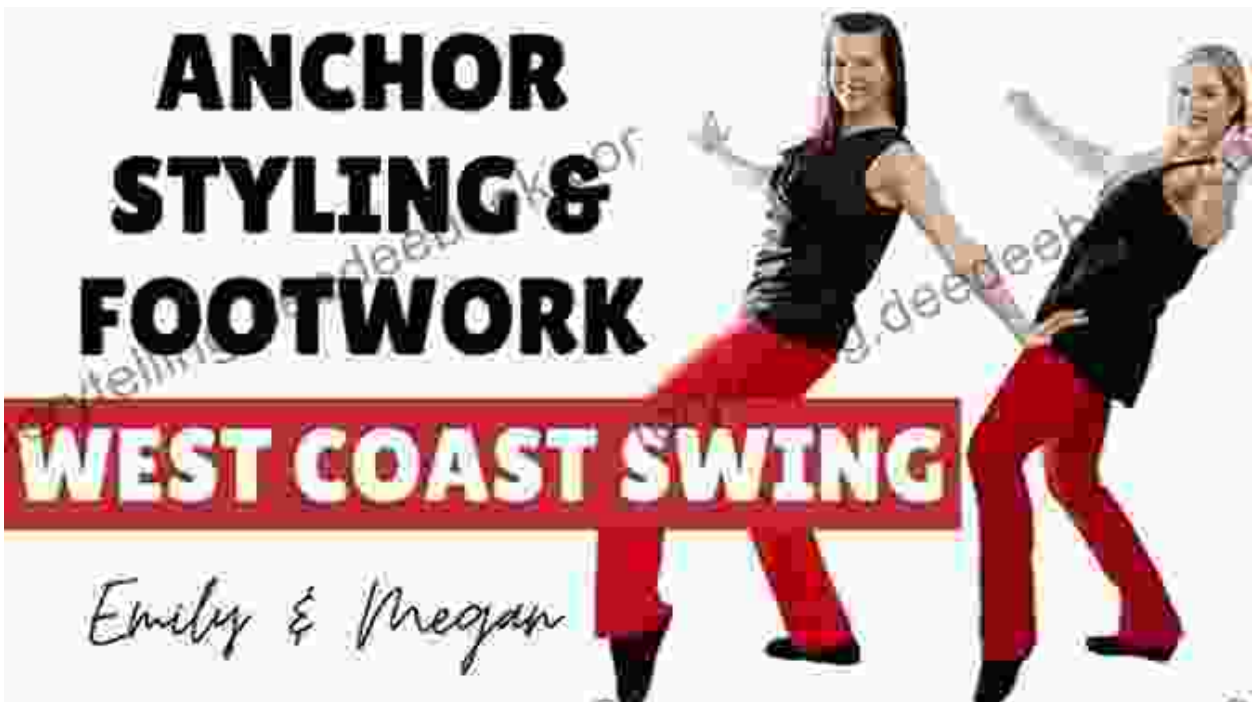
1. **Arm Styling:** Use your arms to frame your partner and to create a connection between you.



2. **Body Styling:** Use your body to create a smooth, flowing movement.

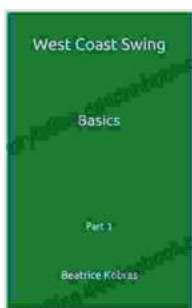


3. **Footwork Styling:** Use your feet to create a variety of rhythms and patterns.



Styling is an important part of West Coast Swing. It can help you to express your personality and to create a unique dance style.

West Coast Swing is a fun and challenging dance that can be enjoyed by people of all ages. If you are interested in learning how to West Coast Swing, I encourage you to find a local instructor and start taking lessons. With a little practice, you will be able to master the basics and start enjoying this amazing dance.



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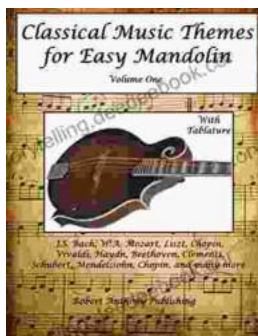
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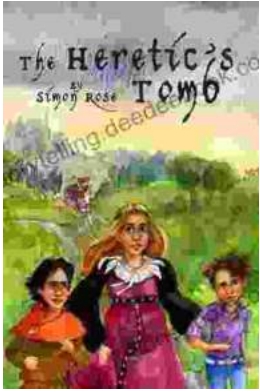
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