



Bronze Country EC Swing

Country

East Coast Swing - Bronze

Bronze I	Figures	Posture	Partnership	Expression
1. Basic	☐	☐	☐	☐
2. Right Turning Basic	☐	☐	☐	☐
3. Left Turning Basic	☐	☐	☐	☐
Bronze II				
4. Throwout	☐	☐	☐	☐
5. Underarm Turn	☐	☐	☐	☐
6A. Tuck A) Closed	☐	☐	☐	☐
6B. Tuck B) Open	☐	☐	☐	☐
7. Alternating Underarm Turn	☐	☐	☐	☐
Bronze III				
8A. Wrap A) Tuck Ending	☐	☐	☐	☐
8B. Wrap B) Throwout Ending	☐	☐	☐	☐
9. Wrap to Hammerlock	☐	☐	☐	☐
10. Pretzel	☐	☐	☐	☐
11. Double Head Loop	☐	☐	☐	☐
Bronze IV				
12. Opposition Break & Roll Out	☐	☐	☐	☐
13. Stop & Go	☐	☐	☐	☐
14. Whip	☐	☐	☐	☐
15. Running Pass	☐	☐	☐	☐



Silver Country EC Swing

Country

East Coast Swing - Silver

Silver I	Figures	Posture	Partnership	Expression
1. Wrist Spin Off the Back	☐	☐	☐	☐
2. Tunnel	☐	☐	☐	☐
3. Scissors	☐	☐	☐	☐
Silver II				
4A. Chicken Walks Side Pass	☐	☐	☐	☐
4B. Chicken Walks Sugar Push Ending	☐	☐	☐	☐
5. Patty Cake	☐	☐	☐	☐
6A. Promenade Swivels Swivel	☐	☐	☐	☐
6B. Promenade Swivels Hitch Variation	☐	☐	☐	☐
7. Right to Right Headloop & Flip	☐	☐	☐	☐
Silver III				
8. Simple Duck	☐	☐	☐	☐
9. Running Pass with Inside Turn	☐	☐	☐	☐
10. Rock Pivots	☐	☐	☐	☐
11. Alternating Wraps	☐	☐	☐	☐
Silver IV				
12. Rolling Off the Arm	☐	☐	☐	☐
13. Sliding Doors	☐	☐	☐	☐
14. Continuous Headloop	☐	☐	☐	☐
15. Continuous Tuck-In	☐	☐	☐	☐



Gold Country EC Swing

Country

East Coast Swing - Gold

Gold I

	Figures	Posture	Partnership	Expression
1. Roll In Roll Out	☐	☐	☐	☐
2. Shadow Headloops	☐	☐	☐	☐
3. Alternating Running Pass	☐	☐	☐	☐
4. Simple Spin Combination	☐	☐	☐	☐
5. Toll Gates	☐	☐	☐	☐
6. Wrap & Rhonde	☐	☐	☐	☐
7. Boogie Walks	☐	☐	☐	☐

Gold II

8. Continuous Egg Beater	☐	☐	☐	☐
9. Shorty Georges	☐	☐	☐	☐
10. Tuck & Roll	☐	☐	☐	☐
11. Advanced Pretzel	☐	☐	☐	☐
12. Reverse Whip It	☐	☐	☐	☐
13. Waist Rollout & Reverse	☐	☐	☐	☐
14. Advanced Stop & Go	☐	☐	☐	☐
15. Barrel Roll & Back to Back Sliding Door Combination	☐	☐	☐	☐