

Most Common Swing Rhythm Patterns for East Coast, West Coast and Lindy Hop

Common Swing Step Options

Beat 1	Beat 2	Terminologies
1 —	2 —	Rock, Step (5,6 – East Coast) Walk, Walk (1, 2-West Coast)
1 —	2 <i>Hold</i>	Step-Hold
1 <i>Hold</i>	2 —	Hold-Step “Delayed Step”, Tap-Step, or Kick-Step
1 & ● ●	2 —	Triple Step 1&2 or 3&4 or 5&6 or 7&8

Most Common East Coast Options								
Beats of Music	1 (&)	2	3 (&)	4	5 (&)	6	7 (&)	8
<i>Single Rhythm</i>	—		—		●	●		
Double Rhythm		—		—	●	●		
<i>Triple Rhythm</i>	● ●	—	● ●	—	—	—		
<i>8 Beat Lindy</i>	● ●	—	—	—	● ●	—	—	—

Most Common West Coast Options								
Beats of Music	1	2	3 (&)	4	5 (&)	6	7 (&)	8
6-Count Patterns	—	—	● ●	—	● ●	—		
Common Variation	—	—	<i>Tap</i>	—	● ●	—		
Whips (8 Beats)	—	—	● ●	—	—	—	● ●	—
Lindy Hop (Same as Whip)	—	—	● ●	—	—	—	● ●	—

1-2	3-4	5-6	7-8
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Most Common East Coast Swing

<i>Single Rhythm</i>	<i>Step-Hold</i>	<i>Step-Hold</i>	<i>Rock, Step</i>
Double Rhythm	Hold-Step	Hold-Step	Rock, Step
<i>Triple Rhythm</i>	<i>Triple Step</i>	<i>Triple Step</i>	<i>Rock, Step</i>
<i>8 Beat Lindy</i>	<i>Triple Step</i>	<i>Walk, Walk</i>	<i>Triple Step</i>
			<i>Rock, Step</i>

Most Common West Coast Swing

6 Count Patterns	Walk, Walk	Triple Step	Triple Step
Common Variation	Walk, Walk	Tap- Step	Triple Step
Whips (8 Counts)	Walk, Walk	Triple Step	Walk, Walk
			Triple Step
Lindy Hop			
Swing –Out Variations	Walk, Walk	Triple Step	Walk, Walk
			Triple Step