

The Swing Video Series

Lindy Hop with Steven Mitchell

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Steven Mitchell is unique! There is simply no one else who can do what he does with such style and ease. Probably the most influential new generation Lindy Hopper in the world today, he is an extraordinarily gifted and versatile dancer, expert in not just Lindy, but Jazz, Hip Hop, African dance, and social ballroom.

Steven is a leader amongst the handful of dancers whose commitment to preserving and giving new life to the Lindy Hop has been directly responsible for its worldwide revival. As a teacher he is inspirational and therefore highly sought after all over the world by Lindy Hoppers and Jazz companies alike. Steven is accompanied by Louise Thwaite. [See Louise in her own videos](#).

Lindy Hop 1: The Basics

Steven's introduction to Lindy Hop teaches the basic elements that make up the dance. He conveys through his infectious love of this dance form, a very accessible sense of its history and its connection to Swing music. His unique style and approach forms a bridge between the dance as it was created in the 1930s and its identity now. Take this workshop with him (and the others in the series) and you will see why Lindy Hop is now drawing thousands of people back to the dance floor in a way that hasn't happened since the 1940s. Filmed in 1999 in Buenos Aires. Produced by LSD Films (approx. 90 mins.) **V601 \$45 (PAL \$55)**

Lindy Hop 2: Building on the Basics

Adding more vocabulary to the material from the first tape, Steven looks at filling out the dancer's experience both by adding new moves and by deepening the understanding of how the dance becomes truly musical. All this while working with and expanding on the basic framework established in Lindy Hop 1. Filmed in 1999 in Buenos Aires. Produced by LSD Films (approx. 60 mins.) **V602 \$45 (PAL \$55)**

Lindy Hop 3: Jazz Movement for Swing Dancers

This tape is a tour de force on the jazz vernacular of the 20s and 30s which influenced so many partnered dances of the Swing Era, and is still influencing jazz dancers today. Have you tried to Shake 'n' Bake, Fish Tail, or Camel Walk? Ever heard of the Shorty George? the Suzi Q? Here you practically meet them in person. Nobody conveys this material as Steven does, and people travel from all over the world to take this particular class with him at Swing dance events. He has the magical ability to make this vocabulary fun and understandable to all levels and styles of dancers. Filmed in 1999 in Buenos Aires. Produced by LSD Films (approx. 60 mins.) **V603 \$45 (PAL \$55)**

Lindy Hop 4: Putting it all Together Part I

Here we get to the in-between stuff! Putting the icing on the cake, or as Steven would say, showing you the "flava" of the dance. You are introduced to more vocabulary and the elements you can add to create your own style, including slides, spins, and footwork for both leaders and followers. See how the jazz material you learned in Lindy Hop 3 can work with your partner out on the social dance floor. Filmed in 1999 in Buenos Aires. Produced by LSD Films (approx. 60 mins.) **V604 \$45 (PAL \$55)**

Lindy Hop 5: Putting it all Together Part II

The second half of the above theme, again more new vocabulary and ideas on how to use spins, changes of direction, footwork variations and the jazz movement within the steps you already know. How to dance to the music - Steven is famous for his musicality; how does he do it? Because after all, no matter how many steps you know "it don't mean a thing if it aint got that swing!" Filmed in 1999 in Buenos Aires. Produced by LSD Films (approx. 60 mins.) **V605 \$45 (PAL \$55)**

All 5 Steven Mitchell Videos

KG954 - \$200 (Call for PAL package price)

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The Swing Video Series

West Coast Swing with Ramiro Gonzalez

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West Coast Swing was born as Lindy Hop moved west, mixing it up with other American dances and musics. It is danced at a slower tempo to Rhythm and Blues music. Ramiro González is one of the best known West Coast Swing Dancers in the USA. A legend of musicality and improvisation, he is as famous for his skills as a follower as for his leading abilities. He is a great believer in the value of a dancer knowing both the leader's and follower's roles, and his skill at both are a testament to this method of learning. Ramiro has had great successes, over the years, competing and performing at the major Swing events, where his classes are also in great demand. A great teacher with a wonderfully open and relaxed style, you will have great fun working with him. He is accompanied by three partners: [Daniel Trenner](#), [Lori Ross](#) and Roxanne McKenney. (BttTV 2000)

Basics Plus

Assisted here by Daniel, who is a beginner at WCS, Ramiro breaks down the basic elements of the dance. He demonstrates both lead and follow himself, then polishes Daniel's technique as he works at learning these steps along with you. The end of the video introduces more challenging material, as a taste of the next volume! (60 mins.) **V623 - \$40 (PAL \$50)**

Intermediate

Builds on the basic sugar push, whip and under arm turn with the addition of closed position, handshake position, check, continuous whip, back spot turn, messin' around, revolving doors tuck turns, crab walks and much more. Assisted by Lori Ross. (60 mins.) **V624 - \$40 (PAL \$50)**

Spins

Famous for his fabulous ability to spin, in his video Ramiro looks at the best technique for spins and introduces a collection of leadable patterns that use spins, going from the simple to the highly complex, for both leaders and followers. This makes a great video for WCS dancers of all levels. Assisted by Lori Ross. (60 mins.) **V625 - \$40 (PAL \$50)**

Footwork and Syncopations

While the material is mainly aimed at the follower's part, there are three complex patterns for both leader and follower as the finale of the video. Ramiro himself encourages dancers to learn both parts, so, leaders and followers, here is your chance to get an insiders look at the intricacies of adornment that could be available to you. Assisted by Lori Ross. (60 mins.) **V626 - \$40 (PAL \$50)**

Styling Patterns to an Advanced Level The difference between a great dancer and a good one, is often in the subtleties of styling. This video aims to give you the freedom of a great dancer by increasing your control and creativity. With the assistance of Lori Ross and Roxanne McKenney, Ramiro teaches a series of patterns that will challenge you body, mind and feet, helping you to stand out from the crowd. (60 mins.) **V627 - \$40 (PAL \$50)**

All Five Volumes

KG964 - \$190 (Call for PAL package price)

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The Swing Video Series

The Spirit Moves

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We are thrilled to offer you this historically unique film. Previously only available for viewing at the Dance Collection of the New York Public Library at the Lincoln Centre, where many Lindy Hoppers have made the pilgrimage to see it. Created over nearly forty years by Mura Dehn, the Spirit Moves is an entirely unique documentary of the History of Black Social Dance from 1900 to 1986. We are able to bring you Parts 1 through 3, which take you from 1900 to the 1950's, often grainy with no music, or music dubbed on at a later date, some of this material is the only footage of this kind still in existence, which is why it is so historically valuable.

Part 1: Jazz Dance from the Turn of The Century to 1950

Filmed at the Savoy Ballroom of Harlem in the 50's, contains demonstrations of ragtime and jazz dances by artist at the Savoy including James Berry, Pepsi Bethel, Teddy Brown, Sandra Gibson, Leon James, Al Minns and Frankie Manning. Dances include the Cakewalk and Charleston Black Bottom, Susie Q, Shake Blues, Gutbucket Blues, Trunky Doo, Big Apple and some aerial Lindy Hop. (45 mins) **V537 - \$60 (PAL \$70)**

Part 2: Savoy Ballroom of Harlem, 1950's

Filmed at the Savoy Ballroom in the 50's, raw footage of dancing by the general public. The delight here is not just the unique visit at the Savoy, but that the 'public' includes Al Minns and Leon James. Includes Bebop, Lindy, Shim Sham, Charleston, and an aerial Lindy contest for the Harvest Moon Ball Championships. (30 mins.) **V538 - \$60 (PAL \$70)**

Part 3: Postwar Era

Filmed at P.S. 28 (Brooklyn) and at the Palladium (New York). Dances from the Bebop era include solo concert improvisations by Jack Asquiew, Leroy Appens and others. Features the Mambo, Applejack challenge danced by the general public at P.S. 28 and Mambo performed by Tandaleo and Jackie and other dancers at the Palladium. (40 mins) **V539 - \$60 (PAL \$70)**

Set of all three

KG606 - \$165 (Call for PAL package price)

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The Swing Video Series

Lindy Hop with Louise Thwaite and Catrine Ljunggren

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[Louise](#) is one of the best known Lindy Hoppers in the world, and has been a popular and regular instructor at just about every major Lindy event worldwide in the last five years. Known as an excellent teacher and a great improvisational social dancer, she has taught workshops worldwide for diverse audiences including The Rhythm Hot Shots, Disneyland, Swing Camp Catalina, and the award winning contemporary ballet company Adventures in Motion Pictures.

Catrine is a founding member of The [Rhythm Hot Shots](#), who are widely acknowledged to be among the most influential Lindy Hoppers in the world. They are one of the few companies who can truly recreate the tempo and style of the great performance troupes of the 1930s. In 1992 the company won the legendary competition at the Apollo Theater in Harlem in NYC, the home of the Lindy Hop. In 1994 they won a Feather Award for "Most Outstanding Global Swing Dancers!" Catrine is a world-class tap dancer as well as a great social Lindy Hopper. She has incredibly stylish footwork and is a first class teacher.

Lindy Hop Fundamentals

This tape is for beginning students, thoroughly covering the basic elements that make up the dance, breaking down lead and follow for all the steps taught. Louise and Catrine's many years of teaching experience makes the material very clear, easy to understand, and fun! Filmed in 1999 in Buenos Aires. Produced by Daniel. (Approx. 90 mins.)

V607 \$40 (PAL \$50)

Lady Hop

Technique and styling for followers in the Lindy Hop. The demonstrations and exercises in this tape define the elements that make a great follower. Louise and Catrine talk about their own techniques for following different tempos of music, show exercises to work on style, footwork variations, and improvisation. Together these two dancers share with you 20 years as Lindy Hop followers. Produced by Daniel. (approx. 70 mins.) **V606 \$40 (PAL \$50)**

The Charleston

A direct ancestor of the Lindy Hop, the 1920s Charleston is a very popular class offered at nearly every swing dance event worldwide. Louise and Catrine are two of the best known dancers of Charleston and its close relative Black Bottom in the Swing world. This tape breaks down the basic step, builds a series of variations on the basic, and then puts together a series of creative steps, some easy and some more challenging, from which you can make up your own choreographies. Produced by Daniel. (approx. 60 mins.) **V608 \$40 (PAL \$50)**

All 3 Lindy Hop Videos

KG952 - \$110 (Call for PAL package price)

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The Swing Video Series

West Coast Swing with Lori Ross

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Lori is an internationally known teacher and performer, with over 25 years professional dance experience, including successful competition in Swing, Street Latin, Country, Argentine Tango and Ballroom dancing. West Coast Swing is a derivative of Lindy Hop that has been hugely popular in the United States for several years. It is danced to slower tempo American Rhythm and Blues music. Lori is one of the most knowledgeable and articulate teachers of this style of dancing in the United States. Roxanne has been teaching social ballroom for 15 years, and West Coast Swing is one of her specialties.

West Coast Swing Fundamentals

This video covers everything you need to get you started, from basic rhythms and movements, to the ideas of compression and leverage to a collection of starter steps and footwork that prepare you for the dancefloor. More than a first lesson, this video is more like an entire introductory course condensed into one tape. Produced by Daniel. (approx. 60 mins.) **V609 \$40 (PAL \$50)**

West Coast Swing Intermediate Vol. I

As in the fundamentals video, the Intermediate volumes I and II are solid courses in and of themselves, packed with dozens of steps, patterns, and variations for serious study and endless play. Produced by Daniel. (approx. 60 mins.) **V610 \$40 (PAL \$50)**

West Coast Swing Intermediate Vol. II

A continuation of Volume I, with a separate collection of very substantial material. Although they can be used independently, we recommend taking Intermediate I and II together. Produced by Daniel. (approx. 60 mins.) **V611 \$40 (PAL \$50)**

Follower's Technique: Styling and Syncopation

Lori makes the follower's role take shape for her students. She is a beautiful performer and improviser and shares her wealth of experience and creativity in this video, demonstrating many rhythmic variations available to the follower, as well as styling choices noticeable in body position and movement. Produced by Daniel. (approx. 60 mins.) **V612 \$40 (PAL \$50)**

SPECIAL: All four videos

KG962 \$130 (Call for PAL package price)

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