

Chapter 1 : Your #1 resource for West Coast Swing Spins and Turns

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Spins are used in almost every form of dance, and WCS is no exception. The ability to turn smoothly and efficiently is one of the major differences between raw beginners and experienced dancers. Whether you are a follower or a leader, mastering the techniques that go into spins will make a huge difference in your dancing. Pivot turns Pivot turns keep your feet in a straight line as you pivot around the weighted foot and then transfer your weight to the free foot before continuing. These are usually used for half rotations. Learning this skill is an important step in improving your west coast swing spins and turns. Followers use a pivot turn to create a sharp rotation after beat 2 of a whip. Leaders use pivots on a side pass after 2 if they want to flip to the other end of the slot quickly. Pivots are also the foundation of the pivot whip, which involves both partners doing pivots together, down the line, after count 4 of a whip. Couple pivots like this are one of the hardest moves in every style of partner dancing! Chainé turns Chainé turns involve closing the feet together to rotate before taking another step. Unlike pivots, chainés can be performed quite rapidly because of the closing action. They are the spin of choice for most situations involving multiple spins, such as spinning down line in a barrel roll or doing a whip with a double outside spin. Followers use chainés all the time; for leaders, advanced patterns that combine scrolling or traveling with spinning usually involve chainés. They appear in the iconic WCS move, the pot-stir, as well as stationary spins such as spins on the anchor for both followers and leaders. Sometimes it is even possible to turn extremely tight chainés turns into a pirouette! Check out this video for a great tip to improve all of your spins. There are some elements of WCS that can be learned away from the dance floor. Try practicing musicality and pattern structure. Spins require a lot of floor time to master. Although there are no shortcuts to becoming a great spinner, you can speed up your progress by applying the principles of deliberate practice. An hour a week of focused drills will improve your spins much faster than hours of unfocused social dancing. Want to learn more? We have great resources in our video library. You can become a member and access everything here!

Chapter 2 : West Coast Swing - Wikipedia

In the State of Piracy report, OBP highlighted the trend for at-anchor robberies off major ports. That trend continued in and expanded along the length of the West African coast, with incidents in Freetown, Conakry, and Praia.

Photos courtesy of Stephanie Gardiner Disclaimer: This article is not to be used for navigation. Along with the myriad of cruising possibilities, there are plenty of challenges. The West Coast is full of hazards: Up-to-date information can be hard to come by, so we decided to put together a list of our favorite anchorages. But for the purposes of this article, the opposite is true: The fact that most of them offer good protection is just an added bonus. So without further ado, from north to south, here is our list of the top ten anchorages along the West Coast of Vancouver Island: From white sand beaches covered in driftwood and flotsam to tree-lined shores backed by low mountains, the anchorage has an amazing wild feel to it an easy choice for our Top Ten List. A rock formation creates a natural archway. Enter the anchorage between Jakobson Point and the unnamed island; do NOT attempt to enter east of the island, which is shallow and foul. Silting has occurred over the years and the charted and actual depths may no longer correspond, so be mindful of that. The anchorage behind the island offers protection from all quadrants and has room for three boats four at a push but would be uncomfortable in a southeasterly due to chop and swell. The trail is rocky in places and can be muddy, so wear sturdy shoes or boots. You could easily spend hours on the beach, but be mindful of the tide: Hike to Shed 4 and explore the beach, kayak the surrounding area, watch for wildlife. There are three protected anchorages in the island group to choose from, all situated along Gay Passage. Scow Bay is the first of three anchorages, and our personal favorite. The anchorage offers ample swing room, good protection and good holding in mud. West Nook, located on the west side of Gay Passage, also offers good protection and holding in mud. South Cove, just south of West Nook, is less protected and offers a dramatic view out to the surrounding rocks and reefs. Explore the many windswept islands, islets, rocks and reefs by kayak or dinghy, watch the sunset from Scow Bay and watch the sea otters swim by. The only thing missing is good protection. The anchorage itself is shallow with a sand bottom and offers shelter from the southeastlies and westerlies, but is open to the north, and the ocean swell can make your stay uncomfortable at times. Rugged Point Provincial Park has stunning beaches and hiking trails. Take the trail to the Pacific side beach to collect sand dollars. If time allows, seek out the trail head along the eastern shore, which will take you as far as Kapoose Creek. The trail can be steep and rugged in places, so wear sturdy shoes. If the conditions are settled, explore the park by kayak. Bligh Cove offers a protected anchorage with good holding. Friendly Cove, looking out to the Pacific Ocean. Hot Springs Cove My husband disagrees with me on this one, but I had to include it on our list of favorites. The name says it all: The immediate assault of water taxis, whale watching boats and float planes from nearby Tofino. At Hot Springs Cove, visiting boaters carve their vessel names into the wooden boardwalk. The springs are a popular spot, so avoiding crowds can be a challenge. Like all of the anchorages along the West Coast with the exception of Sea Otter Cove, the mooring buoys referred to in most cruising guides were removed years ago. Walk along the two-kilometer boardwalk through a beautiful stretch of coastal rainforest and soak in the hot spring pools. Sunset over Scow Bay The inlet that leads to Ucluelet is well-marked but can be busy with tour boats, commercial fishing vessels and kayaks, and requires careful navigation. There are several options for moorage, but the Ucluelet Small Craft Harbour in the upper bay is the one recommended by cruising guides. The anchorage lies off the Small Craft Harbour, north of Lynche Island, and offers good protection and holding in mud. Once again, we rode out several days of gale-force southeasterly winds comfortably while we were there. The anchorage offers protection from summer winds and the holding is good in mud. Lucky Creek Falls are particularly beautiful. But what you came for actually lies just at the top of the rocks: Pool after pool of water being fed by an equal amount of cascading waterfalls. Lucky Creek by dinghy if you have kayaks, even better and watch for wildlife roaming the shores of Vancouver and Hillier islands at low tide. Nettle Island Nettle Island, located along the northern section of the Broken Group in Barkley Sound, has several private nooks and crannies to anchor in but the large bay along the southern shore offers the best protection. Keep a close eye on the charts for rocks and shoals, but by West Coast standards, the entrances to the

anchorage are pretty straightforward. Take the dinghy or sea kayak out to explore Nettle, Gibraltar, Demster and Jarvis islands. Effingham Bay Effingham Island Effingham Island is protected by outer rocks and reefs but over the course of thousands of years, storms have carved its coast, leaving behind sea caves, natural arches and pinnacles, making it one of the best and most interesting areas in Barkley Sound. The anchorage, however, is somewhat open to the west, and westerly winds can make it a little uncomfortable. And a large sea cave lies to the southeast of the midden that can be entered at low tide. Take a tour of the island by dinghy or kayak and watch the sun set from Effingham Bay. The town is divided into two sides the east and the west by Bamfield Inlet, also known as Main Street. The tiny village of Bamfield has a population of around Like the rest of British Columbia, the options seem endless; so get out there and start exploring! Share this or print this post:

Chapter 3 : Shaping the Anchor Step - West Coast Swing Online

I'm writing with exciting news - this summer, Natalie Morales will move to LA to become TODAY's West Coast Anchor and a host of Access Hollywood and Access Hollywood Live.

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Chapter 4 : Natalie Morales To Host "Access Hollywood" & Anchor West Coast "Today" | De

Partner Reading Anchor Chart for when Introducing Literacy Station (Reutzel & Cooter, pg. Find this Pin and more on anchor charts | reading partners by West Coast Literacy Workshop.

Adam Savage, original Mythbusters host, hosts the Jr. A two-hour special marks the occasion. Most shows were up, compared with their Halloween The show ran for five seasons on Fox. The original series, The Ten, laun There are 10 episodes in the bunch, an extension of season seven. They feature Nev Schulman as he audition Both shows air on Tuesdays. The Kids Are Alright There will be four hour-long ABC was just off the That beat the 1. Burl Ives narrates the tale of a shy reindeer whose shiny nose comes in handy on a fogg Youre the Worst is a modern look at love and happiness told thro The order increases the episode total from 13 to 20 for the season. Nathan Fillion stars in the dra But with voter interest in the Nov. Seward in Penny Dreadful Photo: A compilation special of More in Common Vanderpump Rules focuses on Lisa Vanderpump, as she opens That beat the twin 1. Joyland tells the story of Devin, a college student who takes a summer job at Saget hosted the first eight season The return will feature the arrival of a legendary Viking, Duke Rollo, who is played by Clive Standen.

Chapter 5 : West Coast Swing Syllabus Ithaca Dance NY

Natalie Morales is moving to Los Angeles to become Today's West Coast anchor, and to host NBCUniversal's Access Hollywood and Access Hollywood Live.. The move comes days after that other.

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Chapter 6 : The Outline – A podcast on Anchor

West Coast Swing Online March 30, Styling Because the anchor occurs at the end of every WCS pattern, the anchor is one of the best places to learn style variations. A common variation is to add dimension to the dance by moving your anchor off-center.

In a book, Arthur Murray wrote, "There are hundreds of regional dances of the Jitterbug type. Each section of the country seems to have a variation of its own. When his wife, Mary Collins, was asked if Dean was responsible for the emergence of the dance, however, she said that Dean insisted there were "only two kinds of swing dance" – "good and bad". Pumpkin Center, Bakersfield, California, s Western swing , country boogie , and, with a smaller audience, jump blues were popular on the West Coast throughout the s and into the s when they were renamed and marketed as rock and roll in After "Throwout" patterns began with the woman "walking in" and the man doing a "rock step", or step together for counts one and two. December 1, Start Page: Orange County "On the night of December 5 the doors will swing open at the Golden West Auditorium to mark the realization of a dream and an era in the presentation of music Americana. The new country music auditorium is the realization of an idea nurtured some five years ago by businessman Olen S. Thidedeau, who vowed to give Southern California a country music show place second to none. Billboard December 14, page 20 Western Swing was documented in the edition of the "Encyclopedia of Social Dance". Patterns began with the woman stepping forward twice, but described the "Coaster Step" with a forward step as the last step of the 2nd triple. The slot is an imaginary area, long and thin, eight or nine feet long if danced at a very slow Tempo , but shorter if the music is at a faster tempo. The follower travels back and forth in the slot dancing straight through the lead. The leader consistently moves a minimum amount at mid-way point to his sides, barely out of her way. She lightly brushes against him each time she passes him. There are urban myths regarding the origin of the slotted style. According to one version, it was an invention of Hollywood film makers who wanted "dancers to stay in the same plane, to avoid going in and out of focus". Slotted moves were a common part of the step vocabulary of Lindy and jitterbug dancers during the s and s. Rather than the walk, walk of West Coast Swing, however, two sets of triple steps were used when the woman moved down the slot, followed by a rock step rather than the current triple and anchor step. During this period many jazz, blues, and country musicians incorporated swing in their music. In Blair noted that the posture for men was more upright than in previous years. However, there are many guidelines that should be followed to maintain the true character of the dance. Modern West Coast Swing is in large part defined by an emphasis on musicality and connection. Traditional figures include 6-count and 8-count patterns of one of the four basic varieties: Many common West Coast Swing figures are derived from simple variations of these basic figures. Additionally, West Coast Swing can be said to rely on the leader creating and redirecting the momentum of the follower in order to communicate how he wishes to lead the dance. Technical guidelines are as follows: Every figure or pattern should end with an anchor step, a critical characteristic feature of West Coast Swing. This is used to mark the end of a figure and re-establish connection between the two dancers. The leader should maintain the slot. The follower should continue to the end of the slot. The follower should assume a step-step count unless led otherwise. Both closed and open positions are acceptable. A connection should be maintained at all times, using some combination of physical and visual connections. Most steps are danced in 2-beat groups, allowing 6-count and 8-count figures to be extended and shortened as necessary to fit the music. The leader should plan ahead in the dance to allow the follower to experience musical accents. The follower starts on a down beat, counts one or three of a measure. The follower has a rhythm pattern of six beats to start: The follower will step 3 times at the end of each pattern, the Anchor Step. The leader will always start with the left foot. The leader will vary their first movement according to the location of their partner. The leader will vary step two depending on the direction of the pattern. At basic and intermediate levels, most dancers start the dance with a 4-Beat Starter Step. They are performed with the same "step step tri-ple-step tri-ple-step" pattern equalling eight steps in six beats of music. The term "count" is used as a synonym for a "beat", usually a quarter note, of music. Basic figures or "patterns"[edit] Underarm pass or right-side pass: This is like a left side pass in six

counts, but the leader creates a "tuck" action on 2 by turning the woman towards the man and then reversing her direction back toward the slot on count 4. The turn can be either a half turn or a turn and a half. Some teachers teach that the "tuck" is no longer led because it is difficult to follow. In theory, the Tuck action ought to function similarly to the wind-up before throwing a frisbee. A six-count "move" where the follower, facing the leader, is led from the end of the slot to a one- or two-hand hold, then led back to the same end of the slot. The seemingly very simple Push Break requires "compression" or "resistance", to make the pattern. While the arms remain firm but flexible, there should be no excessive pushing or pulling in the arms but in the body. An eight-count basic with many variations. In a basic whip, the follower is led past the leader and then redirected or "whipped" back towards the end of slot from which she or he if a man is following started. The basic footwork for a whip extends the six-count pattern by inserting a pair of walking steps between the triple steps. The footwork is therefore "step step tri-ple-step step step tri-ple-step. It is most popular in the United States, in places such as California and Texas. The list includes salsa, Argentine tango, and shag. Archived from the original on

Chapter 7 : Boat Anchor in West Coast | Gumtree Classifieds South Africa

The West Coast is full of hazards: rocky shorelines, reefs, open ocean and FOG, FOG, FOG. But your efforts are rewarded with abundant wildlife, remote anchorages, natural hot springs and wild scenery – all in all, a pretty fair trade-off.

Chapter 8 : eBook Anchor (West Coast writing ; 1) download | online | audio tags:Terms " - www.nxgvision.

The west coast of the United States is still burning from wildfires, and there's a new scientific DNA finding. Ann Derrick-Gaillot and Casey Johnston joined us today. James T. Green hosts and produces the show.

Chapter 9 : Natalie Morales To Host "Access Hollywood" & Anchor West Coast "Today"

As of this writing, it is recommended that single cutter carbide bits be used to obtain the maximum performance of an anchor. Anchor performance is a direct relationship of the friction between the anchor and the concrete.