

## *Swing and Lindy Hop*

Lindy Hop was born in Harlem in the 1920's at the legendary Savoy Ballroom, danced to lively Big Band music. The styling became more and more refined, as popular Saturday night dance competitions pushed dancers to greatness. New steps were born every day, and in the mid-1930's, when the first acrobatic lifts, called "airsteps," were created, the Lindy Hop soared. It became a dance craze worldwide, and evolved into many forms such as Jitterbug and Swing.

It is enjoying a resurgence today, with many new Swing bands on the music scene. Many Swing and Lindy classes are offered at ballrooms and dance studios around the nation, as well as in the Bay Area. Local resources include Rhythm and Motion and Metronome Ballroom in San Francisco, Allegro Ballroom in Emeryville, and Ashkenaz in Berkeley, to name a few.

Swing is an American dance form, with European and African influences, and it continues to evolve and incorporate new styles of dance to this day. Watch carefully and see if you can spot moves that look like breakdance, hip hop, and other contemporary styles.

Some old Swing bands to listen for include: Duke Ellington, Count Bassie, Glenn Miller, and Benny Goodman. Hot new bands to hear include Lavay Smith and her Red Hot Skillet Lickers, Acme Swing Company, Squirrel Nut Zippers, and Jelly Roll.

