

Swing (Rhythm)

Swing is actually a whole family of dances, all of which evolved from the original swing dance, the "Lindy hop" of the 1920s. Since then, more than 40 different versions have been documented, most of them set to that great, big band sound.

The most common swing dance in competitions is the "East Coast swing," a style developed by Arthur Murray and others in the years after World War II. With its free-wheeling style and adaptability to new kinds of music, swing has never gone out of style — even disco-era dances like "the hustle" can be traced back to swing.

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