Connection:

This is another safety precaution. With every single stunt there should be a good connection between the partners. Connection will allow the guy to the girl what’s about to happen with speaking so she can prepare, i.e. (1,2, down, up) but with the body motion only. Connection will also make most stunts easier for the guy, i.e. hip toss: the more connection between the partners’ sides, the less lift the will have to do with his arms, and can now use his entire body. Connection also provides more confidence for the girl, and therefore she won’t freak out and stop the move.

Etiquette:

Do not force a girl to do a stunt. Do not do a stunt you are uncomfortable with. ALWAYS set the girl back on feet gently. Make sure you help the girl up if she ever falls on the floor or if it is the end of a stunt.

Tension:

This is also a very important concept of swing dancing in general, but with stunts as well. Tension will only work if you have a good connection with your partner, AND vice versa. You create tension between the two by keeping both partners’ arms at a lose 90-degree angle. Never let your arm go straight, never let your shoulder give way, girls never let their elbows go past their shoulder. Tension will give the spring back within the partners which creates the “swing” feel of the dance. It will also help guide the girl’s momentum in the correct direction and speed while doing a stunt, i.e. if the guy does have tension during the Knee Lift, the girl might not have any clue what to do; she maybe walk to the guy and expect him to do something, she may not even move, she may run into you, she may just onto because the guy was not clear in what he wanted her to do.

Skip/Shuffle steps:

Very important concept for the girl during stunts. These steps will give the girl the momentum she needs in order to help the guy out so he doesn’t have to use very muscle in his body. These skip/shuffle steps will always be followed by some sort of kick or jump by the girl. The steps also provide the couple to make their timing perfect; as the guy watches the girl he should be able to feel, and time the best moment to lift(which is as soon as she kicks). This way each girl will have a similar intro so that they guy doesn’t have to guess when the girl will jump. These steps always follow after a “rock step” which should be provided by the guy’s lead out and his tension. All of these concepts put together make for perfect timing.