

**Dance Tip #1**  
Courtesy of jmnelson.com

**The Dance Frame**

Your dance frame is the connection that enables leading and following. **You cannot learn enough "steps" to compensate for a poor dance frame.** Any time either arm is extended, keep your upper arm almost horizontal and rather firmly in position, elbow slightly in front of your shoulder line. Your forearm can be a bit more flexible. Extended hand should be a bit forward of your elbow. Keep your hands flexible, and do not grip your partner's hand. In closed position, followers should maintain slight pressure on the man's right hand, moving as necessary to keep it consistent. Excepting underarm turns, keep torsos parallel, and "mirror" each other when they are not parallel. In open position, keep elbows near front and side of rib cage, forearms parallel to floor or sloping down, not up, and always have a bit of pressure either in or out. Do not fully extend the arm; keep a little in reserve to act as a "shock absorber." Don't grip or pinch, ever!

**Learn to Lead - Learn to Follow - Learn to Dance**

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