

Dance Tip #4
Courtesy of jmnelson.com

Stay in Cadence

Let the music and style dictate **when** to step, then you will be able to concentrate on the more discretionary **where** to step. Though advanced dancers might change cadence during a song, most of our partners will expect a single cadence throughout the song. Whether SQQ, QQS, SSQQ, or some other cadence, start it together, and maintain it tenaciously.

Leaders. Step out on the appropriate beat, usually the *down beat*, and maintain a steady, predictable cadence throughout the song. Reserve taking liberties with cadence until you are certain that your partner can comfortably adjust. For beginners, even the change of cadence during a foxtrot might be confusing.

Followers. Don't commit to a step until your leader indicates where it should go; better to step in place than *end up some place else*. Keep your moving foot free until you get direction, then follow the lead as indicated, either staying in cadence or returning to cadence at your earliest opportunity.

Learn to Lead - Learn to Follow - Learn to Dance

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