

Dance Tip #5
Courtesy of jmnelson.com

Underarm Turns

Leader's Connection. Keep your upper arm vertical and lower arm horizontal or near horizontal, fingers pointed downward to form a pivot. Leaders should provide an invitation and direction, not energy.

Follower's Connection. Upper arm horizontal, lower arm vertical, hand forming a socket for the leader's pivot fingers.

Progressive Turn. In progressive dances, such as country two-step, foxtrot, waltz, keep moving along line of dance during your turn.

Non-Progressive Turn. In non-progressive dances, such as rumba, cha cha, bolero, and swing, turn in place; avoid drifting away from your partner.

Alternate Connection. Experienced dancers often execute underarm turns with the leader's finger tips gently pressing into the follower's open palm.

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