

**Dance Tip #10**  
Courtesy of jmnelson.com

**Fundamentals of Partner Dancing**

**Step** with the music and maintain cadence.

**Step normally** - forward, backward, or side.

**Extended Arms** - firmly flexible, elbows **always** slightly in front of shoulder line, upper arm almost rigid and never moving fore and aft, lower arm more flexible, hands lightly connected but not gripping.

**Wrapped Arms** - man's right hand on partner's shoulder blade, gentle, uniform pressure on man's right hand, woman's arm positioned gently along man's arm.

**Torsos** - parallel, right feet point between partner's feet, maintain symmetry when not parallel.

**Open Frame** - elbows at side and **slightly** forward, arms **never** fully extended. Hands never grip. **Gentle** push or pull.

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

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