

Leader

Open hold leading in Latin

Your centre of mass is roughly around the height of your belly button, the same is true for your follower. When leading in left-to-right hand hold, make sure that your arm is describing a line from the height of your belly button to the height of your partner's belly button. Keep your elbow quite close to your body (not stuck to your waist but quite close). Using this line will help you to transfer signals to your partner with much less effort and much more clarity.

Tone in the arm

In Latin, keep tone in your left arm when leading your partner. When you are walking forward (for example in the progressive Rumba walks) then lean forward and drive your partner, don't push them aggressively, but you almost certainly need more drive than you are currently using.

Quickstep Rise and Fall

On the Quarter Turn and the Progressive Chasses (the forward and backward basics) in Quickstep, the rise and fall is really important. The first slow step is a heel lead for the leader (followers, you can't step backward onto a heel, your step backwards is with your toe). The two quick steps are up on your toes (for both leaders and followers). The final slow step is when you both lower gently from the toe to the whole foot. The leaders should lead the rise and fall, followers shouldn't sabotage it.

Quickstep Forward Lockstep

The first step is a heel lead. The two quick steps are on your toes, the final slow step is a toe that then lowers gently.

The lockstep will travel diagonal to wall. It doesn't travel sideways along line of dance. Your body will be turned slightly so that you are almost facing the wall, but your movement is diagonal to wall.

The first step is a big, travelling step. So is the second one. The third step is where your right leg will cross behind your left before you take another big step forward as a slow.

Follower

Open hold leading in Latin

A lot of leading in Rumba and Cha Cha is in open hold with the leader's left hand and your right hand. Keep your elbow in close to your body (not stuck to your waist), that will make it easier for your partner to lead you. Try not to lift the joined hands up.

Tone in the arm

In Latin, keep tone in your right arm when your partner is leading you. When you are walking backward (for example in the progressive Rumba walks) then lean forward and resist your partner, they want you to move, but make them work for it.

Quickstep Rise and Fall

On the Quarter Turn and the Progressive Chasses (the forward and backward basics) in Quickstep, the rise and fall is really important. The first slow step is a heel lead for the leader (followers, you can't step backward onto a heel, your step backwards is with your toe). The two quick steps are up on your toes (for both leaders and followers). The final slow step is when you both lower gently from the toe to the whole foot. The leaders should lead the rise and fall, followers shouldn't sabotage it.

Quickstep Forward Lockstep

Since the figures are named from the point of view of the leader, this is a backwards lockstep for the followers.

Keep your head to the left - it is almost impossible to do this if you turn your head - you'll lose your balance and trip.

Keep tone in your right arm, so that your elbow doesn't collapse behind your rib cage.

The first step is a slow step, it's quite a big step backwards. The second and third steps are up on your toes, the fourth step is on the toe and then lowers gently.