

## Leader

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### Quickstep Backward Lockstep and Running Finish

Your shoulders are really important in this sequence. On your Backward Lockstep, your right shoulder is back allowing your follower the space to do their forward lock beside you. Ideally, at the end of the lock you want the follower to be almost level with you - don't cut in front of them or block them.

The timing in the Running Finish can be either QQS or SQQ. It's up to you. The first step of the Running Finish is back on your toe, don't lower to your heel, because you'll collapse backwards and pull you (and your partner) off balance. Step 2 is a sideways (and forwards) step - bring your partner with you by turning your shoulders. The third step is a forward step, make sure your left shoulder is forward.

As you come up onto your toe on step one of the Running Finish, bring your follower up with you, it will help them to be lighter and will make it easier for you to get the rotation you need.

### Tango Walks

In Tango, our feet are twisted slightly to the left so that the ball of your right foot nestles into the arch of your left foot. The forward walk with your left foot will go almost in line with your right. Your right walk forward will not be in line but will be to the right of your left foot.

## Follower

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### Quickstep Backward Lockstep and Running Finish

Shoulders are important in this sequence. Don't allow your right elbow to collapse, keep your shoulders turned towards your partner - this will help you to not end up dancing in their armpit.

When your partner is doing their Backward Lockstep, they'll be giving you lots of space in which to do your forward lockstep. Use that space, drive into it, don't hold back. Your left shoulder will be forward.

On the third step of the Running Finish your right shoulder will be back.

### Tango Walks

In Tango, our feet are twisted slightly to the left so that the ball of your right foot nestles into the arch of your left foot. The forward backward with your right foot will go almost in line with your left. Your left foot walk backwards will not be in line but will be to the left of your right foot.