

Leader

Dancing without hold

We danced Basics, New Yorks, Hand to Hands and Spot Turns in Rumba and Cha Cha without hold. We also did the same with Quickstep basics and the Forward Lock.

The important thing in all of these cases is to know what you're going to do and be assertive. Have a strong upper body (even if you are not in hold). Your partner will pick up on the slightest movement so as long as you are definite in your movement, they will know what you are intending. Eye contact can be very important too.

In Rumba, be particularly careful about your timing. Remember to wait on beat 1. Without a partner to hold you back, it can be easy to move too soon.

Follower

Dancing without hold

We danced Basics, New Yorks, Hand to Hands and Spot Turns in Rumba and Cha Cha without hold. We also did the same with Quickstep basics and the Forward Lock (backward for the follower).

The important thing in all of these cases is to pay attention to how your partner is moving their body. Stand up straight as this will make you lighter on your feet and more responsive. Eye contact can help too. Do try to relax as focussing too intently sometimes means you get paralysed and can't move at all.

In Rumba, be particularly careful about your timing. Remember to wait on beat 1. Without a partner to hold you back, it can be easy to move too soon.

Alemana Turn without hold

Usually we would use our right hand to apply pressure to our partner's hand, this will help you get the momentum you need to make the turn. Without hold, this is harder, but still possible.

Stand up straight, you need a strong and engaged core. Move your left foot into position quickly and then transfer your weight. Make the turns sharp. The left foot starts behind you, move it in front of your right foot and almost back to where it started from.