

How To Dance With a Partner ABCDs™ Rules Summary

How To Gently Lead and Follow Every Step in Every Social Dance Unambiguously

Social Dancing: Dancing that puts the social nature of dancing first.

Objective: Two people dancing as one to the music.

Social Dance Choreography: Any move you can unambiguously communicate safely without having practiced with your partner beforehand.

Attitude

Safety: Safety first, do not hurt yourself or anyone else.

Courtesy: Be respectful, do not tell anyone else what to do.

Comfort: Be comfortable, say what you need.

Teamwork: The man invites and the woman completes.

Natural: How people naturally move and interact.

Freedom: Maximize freedom of movement.

Clearly Defined: Logical, precise, unambiguous communication.

Easy: Simple enough for a normal person to learn.

Fast: Fast enough to communicate in time to music.

Universal: Works the same with everyone for every dance.

Balance: Everyone maintains their own balance. Everyone does their own dancing. Everyone moves their own body parts. No force. No pushing and pulling. Maintain your posture.

Connection: The woman maintains the connection. The woman maintains her frame when the connection moves sideways. At all other times, the woman lets her frame adjust.

Direction: The woman maintains her direction: straight, turn, circle. She stops when blocked or at the end of the connection. Go straight, turn, finish going straight. Stay on your line.

Man's Responsibilities: Keep time with the music. Position the couple on the dance floor. Initiate the woman's movement. Wait for her to finish.

Woman's Responsibilities: Keep time with the man. Complete her movement.

Leaders: Move the connection straight for straight. Move the connection around for turn.

Followers: Your job is to follow so you are dancing as one. Move your feet. Go down with the ship.

Stepping: Transfer your weight. One step at a time. Move like a cat. Dance like a Ninja.

Turning: Turn left on left. Turn right on right. Half turn per step.

Backward: Whoever is going backward is responsible for not getting stepped on. Get out of the way.

Read **How To Dance With a Partner** invented by Andrew Weitzen