

Clinic by Bill & Elsy Johnson The following was passed out:

SOME IMPORTANT THINGS ABOUT DANCING THAT MAY HELP YOU

BALANCE When moving forward keep your feet in a straight line do not try to avoid your partner's feet. Moving backwards the same applies. Good balance is a matter of practice in correct walking. Don't push your feet out in front and allow your body to follow, carry your weight with you.

THE HEAD Many dancers do not realize the great importance of head position for both partners. A tendency to look down, besides spoiling the appearance of the couple, throws out true balance because the head is heavy compared with other parts of the body. Keep the head up, chin held naturally in. The man's head should be held so that he looks over his partner's right shoulder. The lady looks over the man's right shoulder.

BODY Try to avoid looking stiff or uncontrolled. Stand erect but naturally. Hold the arms up without raising the shoulders. The lady must not hang on her partner, either weighing him down or holding too tightly. Her left hand should rest lightly on his right upper arm. The diaphragm muscles control the whole body.

THE LEGS Movement of the legs should be free and from the hips not the knees.

THE FEET The feet should be kept straight not turned out, a common fault with beginners. Try to feel your feet brush past each other as you dance forward or backward. Proper use of the ankles is important.

LEADING The man should be sure of himself. Lead is mostly from the body and legs, also use of the right hand. (Except in Latin American where both hands are used.) The right hand is used to turn the girl to SCP by applying pressure with the base of the hand or to closed position by applying pressure with the fingers.