















<p>The Central Principle of Dance. We dance by feel. Women follow by feel.</p>	
<p>1. The Central Principle of Dance.</p> 	<p>We dance by feel.</p> <p>Women follow by feel.</p>
<p>2. Principle of Leadership</p>	<p>Men lead by feel</p>
<p>3. Principle of Following.</p>	<p>Women use their connection to determine: where to go, when to go and how fast to go.</p> <p>Dancing in step is done by feel; as is breaking step.</p>

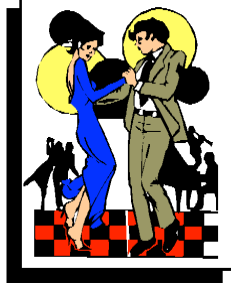
<p>a) Visual – Alternative Lead System</p> 	<p>The Chase, in Cha Cha</p>
<p>b) Convention – Alternative Lead System</p> <p>Choreography</p> <p>Synchronized swimming</p> 	<p>½ turn window pal</p> <p>Line dancing</p>
<p>c) Rest of Dancing is done by Feel.</p> 	<p>Z turn waltz – patty cake</p>

<p>d) Not Read and React</p>	<p>Go with the flow</p> <p>Use the force</p> <p>Dance by feel</p>
<p>e) Arm Tension</p> 	<p>Muscle tone creates the dance frame</p> <p>Steering and twirling are done through arm tension</p> <p>Communicate by touch</p>
<p>Equal but opposite arm tension</p>	<p>Dance by feel</p> <p>One pound neutral arm tension</p> <p>Empty coke can</p>
<p>Closed position</p> 	<p>Billowed sail</p>

<p>Closed Position</p> 	<p>Two arm closed position</p> <p>One arm closed position</p>
<p>f) By contrast, how do we lead someone when they are too close?</p>	<p>Women always back up, and establish arm tension, at the end of the slot</p>
<p>g) By contrast, why do we not want to be overextended?</p>	<p>Awkward response</p> <p>Chi, chakras too high</p> <p>Down low at waist level</p> <p>Hand connected to core (belly button)</p>

<p>4. Arm Tension Theory</p> <p>Equal but Opposite</p> <p>Arm Tension</p>		
<p style="text-align: center;"></p>	<p style="text-align: center;"></p>	
<p>Equal but Opposite</p>	<p>Same for every form of dance</p>	
<p>Frame</p>	 <p style="font-size: small; text-align: center;">ClipartOf.com/225781</p>	
<p>Body Leads</p>		
<p>How do we move?</p>	<p>Without Arm Tension</p>	<p>Visual</p> <p>Synchronized Swimming</p>
<p>Arm tension is how we move as a unit</p>	<p>With Arm tension</p>	<p>By Feel</p>

3. Arm Tension Exercises



Wherever I touch you

You Touch Me Back =
This Establishes our
Connection

Open Position

Patty Cake

Forward

Back

Closed Position

Billowed Sail

Two Handed

Maintain
Connection

One Handed

