

Dance Tip #3
Courtesy of jmnelson.com

Step Normally

In our normal walk, we step forward, backward, or to the side. Normal walking generally conforms to the footwork prescribed in formal dance syllabi, and we walk instinctively, paying little attention to our feet *until we get to the dance floor*, where we often, for some strange reason, change the way we step. The more you dance, the more you will realize that dancing is more akin to walking than you might have thought.

Stand up straight and keep your feet close to the floor when you step. Turn your head toward the line of travel, and step forward or backward. Turn your head normal (90°) to the line of travel, and step to the side.

The degree of change when you dance is determined by the style of your walk. If you already walk upright and smoothly, little initial change need be considered. If you slump, bounce, clunk or stomp when you walk, then you need to make some adjustments when you dance.

Learn to Lead - Learn to Follow - Learn to Dance

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