

Dance Tip #7
Courtesy of jmnelson.com

Maintaining Symmetry

Whether in closed or open position, the torsos should be parallel; the extended hands and the opposite elbows define a *plane of symmetry*. Dancers should maintain symmetry, i.e. “mirror” each other. and, after turning, strive to return to, symmetry. Elbows may move up or down as appropriate, but they should remain slightly forward of the torso.

When in closed position, torsos should remain parallel. Neither partner should allow the extended arm to drift behind their shoulder line or extend excessively forward; doing so forces the other to have to reach further than normal, placing the shoulders at an angle, and precluding normal steps.

Symmetry should be maintained during almost every variation, including weaves, grapevines, and breaks. After asymmetric turns, each partner should cooperate in restoring symmetry at the earliest convenience.

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