

# DANCE FUNDAMENTALS INTRODUCTION

**POSTURE** - THE WAY WE STAND WHEN ARMS AT SIDES

**\*DANCE FRAME** - “**ENGAGED - Ready to dance**”

DANCE POSTURE – (Proper Body Alignment, Centered, Balanced)

NEED FOR BALANCE & CONTROL, STYLE, APPEARANCE & MOVEMENT -

STACKED BODY PARTS – LATS ENGAGED - ARMS UP IN BOTH LINE

DANCE AND COUPLES – BALANCE & CONTROL FOR TURNS

**BODY ALIGNMENT** - PROPER STACKED BODY PARTS-

UPPER TORSO-CENTER-LOWER TORSO – CPB & COG – Plum line

Head over shoulders over hips over the working foot – balanced and centered

**\*BALANCE** - CENTERING THE MASS (CORE) OVER THE BASE  
(BODY STABILITY) KNEES SOFT, BODY PARTS STACKED – FRAME Gives

**CENTERING** – KEEPING THE CORE OVER WORKING FOOT –  
(very important for balance during turns and spins)

**ARMS** – UP-ROUNDED-SLIGHTLY FORWARD –LIKE RIBS – LD ARMS

**BODY MOVEMENT**-WEIGHT CHANGE THEORY

**CARRIAGE** - WAY THE BODY MOVES ACROSS THE DANCE  
FLOOR IN PROPER FRAME – Head UP!

**FOLLOW THROUGH - COLLECTION**

UNWEIGHTED LEG/FOOT PASSES THRU CENTER BEFORE CHG DIR

**CBM** OPPOSITE HIP & SHOULDER TOWARD WKNG FT

USED FOR PREP & FINISHES IN TURNS AS WELL AS ROCK/BREAK STEPS  
Twist-Torque-Turn – stretches abs to build energy for turns

**CBMP** – Foot crossed over in front or back

**FOOT POSITIONS** 5 + LOCKS + JAZZ 1, 2 &- 4 -TURN OUT

**PEEL & ROLL - POWER POINT - BALANCED POSITIONS-**

\*EXER. - MV CNTR AROUND IN DIFF FT POS

3<sup>RD</sup> & 5<sup>TH</sup>

**PARTS OF FOOT** – Toe, ball, instep, heel

Inside and outside edges.

Room Alignments – LOD – Dance floor etiquette, etc.