

# How To Lead Clear Connected Comfortable Step In Tango

Tango is a beautiful and sensual dance that requires a strong connection between the lead and the follow. The lead is responsible for guiding the follow through the dance, and the follow must be able to trust the lead and respond to their movements. In order to achieve a clear, connected, and comfortable step, the lead must have a good understanding of the dance's rhythm and music, as well as the proper footwork and posture.

## Rhythm and Music

The first step to leading a good tango is to have a good understanding of the dance's rhythm and music. Tango is danced in a 2/4 time signature, with a strong emphasis on the first beat. The music is typically played by a bandoneon, a type of accordion, and a violin. The lead must be able to listen to the music and feel the rhythm in order to guide the follow through the dance.



## Smart Moves: How To Lead A Clear, Connected & Comfortable Step In Tango by Brit W Anders

★★★★☆ 4.7 out of 5

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## **Footwork**

The footwork in tango is complex and intricate. The lead must be able to execute the steps correctly in order to maintain a good connection with the follow. The basic step in tango is called the "ocho," which is a figure-eight pattern. The lead starts by stepping forward with their left foot, then crosses their right foot over their left. They then step back with their left foot, and cross their right foot over their left again. The step is repeated on the other side.

## **Posture**

The lead's posture is also important for maintaining a good connection with the follow. The lead should stand up straight with their shoulders back and their head held high. They should keep their weight centered over their feet, and their arms should be relaxed. The lead should also make eye contact with the follow, which will help to establish a connection and build trust.

## **Technique**

There are a number of techniques that the lead can use to improve their connection with the follow. One technique is called "leading with the chest." This means that the lead uses their chest to guide the follow through the dance. Another technique is called "leading with the hips." This means that the lead uses their hips to guide the follow. The lead can also use their arms to help guide the follow, but they should be careful not to use too much force.

Leading a good tango is a skill that takes practice. By understanding the dance's rhythm and music, practicing the footwork and posture, and using the proper technique, the lead can develop the skills necessary to guide the follow through the dance with clarity, connection, and comfort.



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