

BOOGIE WOOGIE WRRC

New Judging System Appendix - Anatomy

Lead and Follow

March 2015

Muscles – How to find the right tone

- ☐ If a dancer maintains a good, consistent dance frame, the connection between the dancers results in a cooperative effort.
- ☐ The dancer will feel a slight resistance from the the partner, thus maintaining a steady speed.
- The dancer, able to feel the partners movement without tension or weakness and is able to walk with the partner easily.
- ☐ There is no negative effect on the dancer since he is able to maintain balance or the muscles as they are not overworking.

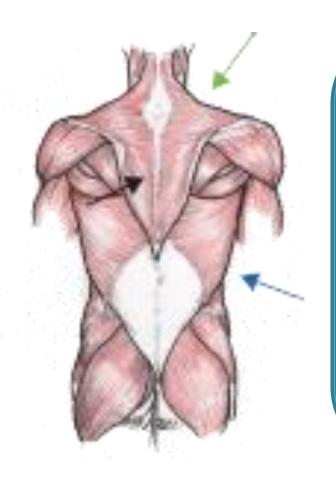


Muscles – How to find the right tone

- ☐ By maintaining personal space through the dance frame, the dancer is able to react with the correct amount of quickness to his/her partner's changes in patterns or style.
- ☐ The key to maintaining this personal space is to focus first on the the back, not the arms.
- □ NOTE: This technique can be applied whether one is traveling backwards, forwards, sideways, or turning in while connected with a partner.



Muscles – How to find the right tone



☐ Shoulders

The shoulders (green arrow) are down away from the ears, and the upper arm muscles are relaxed.

- ☐ Lateral muscles
 - Lateral muscles (blue arrow) are engaged, and the arms are relaxed.
- ☐ Shoulder blades

The shoulder blades (black arrow) are in their natural rested place, not spread apart or pinched together.

