



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.