

Tools for Scandinavian Dancing

Some suggestions for more comfortable & pleasurable Scandinavian dancing

1. Keep your torso vertical and solid or stable. Do not move any part while dancing unless required to do so for the specific dance.
2. Keep your knees bent and flexible for stability, balance and to cushion the movements making them more fluid and flowing in style.
3. Both the man and the woman hold one another.
4. In dance holds use full arm contact when possible.
5. Pivot (turn) whenever you can during and between turning steps.
6. Turning is usually done over the soles or balls of your feet.
7. Take your whole body with you as one unit.
8. Take your partner with you.
9. Take the smallest step possible and still accomplish the step pattern.
10. Keep your weight a little forward and over the front part of your foot. You will be better prepared to move and respond to the music and movements.
11. Keep your head vertical and centered.
12. Look at something on your partner with your eyes, not the dance space around you.
13. Use your peripheral vision to see where you are in the dance space and in relation to other dancers.
14. Breathe while dancing.
15. Carry yourself, do not lean or hang on your partner.
16. Step forward in the dance direction on your right when turning clockwise.
17. Allow your partner to step between your legs with his or her right foot during clockwise turning.
18. Plan ahead what you will do in your dance, then/next transmit your plan/lead to your partner.
19. Enjoy the decoding process of following your partner's lead.
20. Be judicious about the space you need to dance in and respectful of others on the dance floor.
21. Appreciate the good qualities of your dance and dancing with your partner.