



Foundations in Technique, 19:00 - 20:00

This class introduces fundamental technique/concepts for Argentine tango. Short exercises and simple patterns are used to exemplify and practise the technique. It is suitable for any level. As advanced dancers know, good technique is central to a comfortable dance for both leader and follower.

This class aims to develop a good understanding of the following:

Technique / concepts	✓
The embrace (practice / open / closed)	
Posture and core	
Changing weight	
The walk and salidas	
Collection	
Connection	
Dissociation	
Crosses	
Walking systems (parallel / cross)	
The axis - balance on and movement of	
Rebound	
Pivoting and ochos (including ocho cortados)	
Linear and circular movements	
Floor craft and milonga etiquette	
Musicality - tango/vals/milonga difference	
Sandwich	
Parada	
Tango styles - milonguero/salon/nuevo etc	

* Please note that the checklists provided are by no means exhaustive. They provide a general guideline to help students monitor progress and give suggestions for areas they might like to work on.

** Although we don't wish to restrict anyone's progress we ask students to reflect on their capabilities before joining **only** the second class. If you are unsure of your level please ask the teacher which class or classes are more suitable for you. As the very pertinent expression goes "you shouldn't try to run before you can walk";)



Technique in Practice, 20:15 - 21:15

This class assumes a good understanding of fundamental technique/concepts and an ability to apply these in simple moves with some competence. The class is suitable for people with at least one year of regular tuition and social dancing. This is not a hard and fast rule but please ask the teacher if unsure.**

This class aims to develop the following:

Patterns	✓
Cross variations	
Ocho variations (forwards / backwards / milonguero)	
Barridas	
Sacadas	
Ganchos	
Giros, medio giros, vueltas	
Embellishments e.g. amagues, caricias, cuatro, lustrada, lapis, planeo, taps	
Boleos	
Embrace dynamics	
Milonga steps	
Vals steps	