

How to learn tango in 10 steps

Step 1 El Básico'

Key points

Keep the close side of the embrace firm (without tension /pushing) to aid the follower's Crossed Step position.



On the Crossed Step the weight is placed immediately on the left foot to free the right leg



Maintain the frame's 3 main points of connection in close connection and moving as a unit.



At this foundational level you want to identify the basic heartbeat of traditional tango music and practice stepping on to the beat consistently during the different types of walks that you will learn on the course.



Key points



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Step 2 Ocho Forwards

Key points

Accompany the follower's Ocho with your body by changing your weight accordingly to the figure eight step.



As you enter the figure eight maintain close to your partner by placing your right foot in a close and parallel distance to the leader's right foot.



Key points



Maintain the open side of the frame firm. Soften the close side of the embrace to allow an easy roll of the follower's back during the figure eight.



Dance to the music in a smooth dynamic with effortless feeling, sustaining a steady tempo during the execution of the figure eight, including a brief pause on the follower's Crossed Step position.



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Step 3 Ocho Backwards

Key points

As you lead the follower into the backwards steps maintain both sides of your hips square to the follower. Do not twist the hips at any point during the follower's Ocho Backwards.



During the figure eight backwards keep your upper body facing the leader's chest.



Key points



Maintain the open side of the frame firm. Soften the close side of the embrace to allow an easy roll of the follower's back during the figure eight backwards.



First practice the step at slow pace synchronizing the leader's sideways steps with the follower's Ocho backwards.



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Step 4 Parada and Sándwiche

Key points

For the Sandwich place your right foot in the Parada position at the ball of the foot (Metatarsals) level on your partner's left foot. Do the same with your left foot to finish the Sandwich figure.

During the Parada and Sandwich do not land the right heel on the floor. Keep yourself with the heel off the ground through out both figures.

Keep the **Triangular System (TS)** steady at all times. Maintain a close distance from chest to chest during the Parada, Sandwich and figure eight.

Dance smoothly pausing in the Parada and slowing down for the Sandwich.



Key points



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Step 5 Barrida

Key points

To keep the follower on balance during La Barrida step with your left foot in a slight diagonal forward line in direction to the follower. Avoid stepping too wide as this will take the follower off axis.

To achieve good balance during the Barrida align the hips, upper body and head in a central line of axis, this will improve your posture and execute an effortless sweep. During the sweep press your foot gently towards the leader's foot to facilitate La Barrida.

Keep the **TS** firm without tension during the 'sweep' this will help your bodies to perform the step with effortless grace.

Search for easiness and organic interaction with the music, use subtle changes in dynamics during the Sandwich and Barrida.



Key points



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Step 6 El Básico in Cross System

Key points

After the first left side step place the right foot forwards in close distance to the partner's right foot to maintain your partner in the line of dance during the Crossed Step position.

On your Crossed Step position check:

1. The weight is placed immediately on the left foot to free the right leg.
2. Place the right leg behind your forward leg with full leg extension.
3. Do not bend your right knee.

As you walk towards the Crossed Step keep your torsos in direct connection to each other by positioning them in a **V** shape on the close side of the embrace.

Dance to the music on a eight beat count performing a brief musical pause in the Crossed Step position.



Key points



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Step 7 Amague Simple

Key Points

For the Amague the leader steps with the left foot in the middle of the space between the follower's feet.



During the Crossed Step and pivot keep the back leg behind the forward leg. Check that your right knee is not bended.



To move in perfect sync during the Amague and the sway side steps the couple should establish solid connection on the close side of the embrace



Apply a gently accent to the musical beat in the Amague to create a subtle change of dynamic during the 'fake move'.



Key points



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Step 8 Básico Continuado

Key Points

Lead the full step maintaining the follower chest in direct connection to your chest using upper body isolation when needed.

During the step's various changes of directions navigate your footwork in a 'wrapping' shape around the leader. This will help you to stay in front of your partner throughout the sequence.

The close side of the embrace needs to be firm but without pressure to allow the follower to have easy torso rotation and lower body isolation.

Keep a continuous pace throughout the step: aid your practice with slow but clear paced tangos until you feel comfortable with the step's rotations and change of directions.



Key points



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Step 9 Media Luna

Key Points

After the side step soften your close side of the embrace allowing the partner's back to roll backwards comfortably.



In the Media Luna your side and forward steps are executed with a 'wrapping' intentions placing your feet always in direction of your partner.



Key points



The Media Luna requires a subtle separation of the couple's torsos to draw the semicircular line, getting close again as the follower steps right forward.



Each step is done on one beat of the music in a continuous speed.



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Step 10 Básico con Medio Giro in Crossed Position

Key Points

While leading the follower's lateral step in the Medio Giro, pivot keeping the weight of your body on both feet.



Finishing the Medio Gira with a decoration on the left foot by projecting the left leg forward free of weight with leg extended. Keep the body height steady and avoid bouncing by keeping the knees relaxed.



Key points



Throughout the Medio Giro the center of energy in the couple's torso connection needs to be equal.



The couple take 3 beats to do the Medio Giro, with leader uncrossing the right foot on beat 4.

