

Leders & Followers **BONUS PREMIUN**

**“How to feel
and make the brand feel,
without frustration.”**



TIPS

**YOUR TANGO IS BORN..
...where your dance awakens**

Analía Centurión

5 Tips for LEADERS

“Lead with clarity, without tension”

- **1. Less force, more intention**

Marking is not pushing. It is to propose with clear direction and contained energy.

Force generates resistance, intention opens dialogue. When your partner perceives tension, she slows down and does not move forward.

I recommend inviting, suggesting or changing direction... without insisting.

- **2. Prepare before dialing**

Do not dial while you are thinking.

Make sure you have a clear internal decision before transmitting it to the body.

Doubt is felt... and confusing.

Remember: each follower interprets differently.

The clearer you are about the path, the better the connection will be.

You don't need to make big sequences: order your steps, even if they are few... but well chosen.

You will not be able to do the same steps with all the followers, in the first movements you will realize their experience. Pay attention.

3. Take care of your axis: mark from your balance
If you don't have an axis, the mark arrives unstable. Your balance is the basis of confidence.

Start with simple sequences. Then you can incorporate new steps that feel familiar.

Not everything has to happen together. Sometimes surprising with little is more effective.

And if you don't know what to do... pause.
Or repeat the previous step with clarity.

4. Mark sincerely and truly

The whole body marks, but not all at the same time.

The embrace also communicates: arms and hands contain, not push.

Surround your partner gently.

Sometimes closer, sometimes with more space, depending on the figure.

The torso, abdomen and your center give stability and clarity.

Remember: she doesn't know what you have in mind.
Invite in advance.

• **5. Do not lead exaggeratedly**

The mark is also felt from the breath.

Give the follower time to respond.

Silence between movements also communicates.

Plan your figures clearly, even if they are simple.

This will give you confidence and agility to add more later.

Improvising is like playing chess:

you know how each piece moves,
and then choose which one to use according to the
music, the space... and the moment.

Extra Tip: Write down what you learn.

Name your sequences (even if they are not "official"
they are for your memory).

It will help you to order yourself... and then you will
be able to unordered with style.

Repeat a combination until it comes out smooth.
Try it slow, then fast.

This way, you're creating your own style.

Follow TIPS Followers...

5 Tips for FOLLOWERS

“Feel the mark without fear or anxiety.”

- **1. Don't guess:** wait with your body present
To follow is not to anticipate.

Your body must be available: neither tense, nor rigid...
but not ahead of you either.

It is normal to tense up when we do not feel confident.

Constant practice brings that comfort that gives wings.
You have to train it and alone better so you are
connected with yourself before connecting with the
embrace.

- **2. Listening starts from yourself**

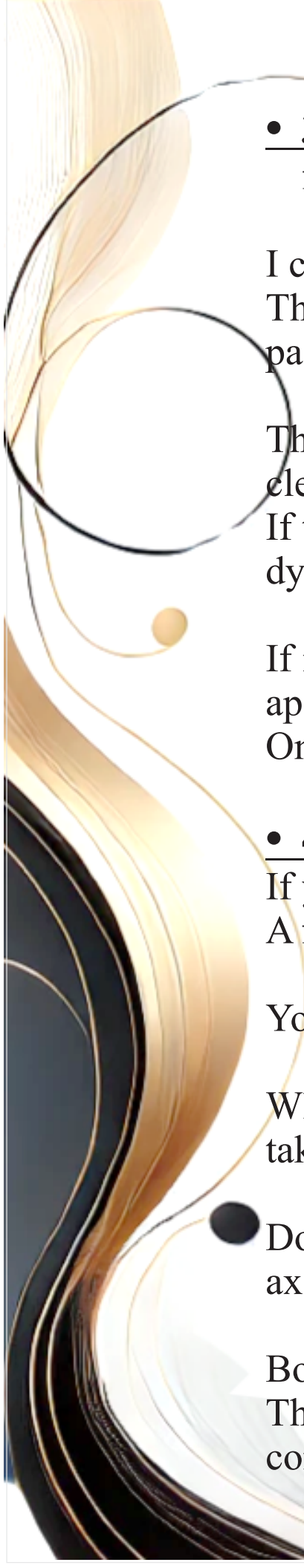
We look for the mark outside, but many times it is in us.

The earth also speaks.

Connect from head to toe and vice versa.

Recognize your body to be able to respond with
confidence.

We don't know when, or how many, or what step is
coming... but we can be ready to enjoy it and react with
confidence.

- 
- **3-You are not “being led,** you are deciding to follow.

I consciously chose each response.

That empowers you and makes your dance active, not passive.

The leader invites you, but you respond calmly and clearly.

If the mark is fast, the movement will be more dynamic, but not rushed.

If it is slow, respond with presence and energy... not apathy.

One step at a time.

- **4- Breathe to release anxiety.**

If you hold your breath, you disconnect.

A flowing breath frees the body and reduces frustration.

Your whole being inhabits a space.

Whether you are closer or further away from the leader, take your place with dignity and balance.

● Don't hang back: embrace him, but take care of your axis as well.

Both of you must take care of each other.

This dance is a space of trust and complicity. Not competition.

- **5. Ask for space if you don't understand the lead.**

Sometimes, it's not your "fault."

If you don't understand the brand, your discomfort is valid.

You can respectfully say:

"Shall we try again?" If it's in a practice, all the better.

● Anxiety and lack of experience can be frustrating...
But this dance is to enjoy, learn, have fun and grow.

To give and to receive, that is Tango.

And for that reason, it is the best dance in the world.

● **YOUR TANGO IS BORN...**

...where your dance awakens

Analía Centurión

