



USABDA ARGENTINE TANGO WORKSHOP – 2001 – 3-17-01
Jim and Joy Mote, Instructors

1. **PRACTICE** Tango walks – forward & backward – keep knees soft & close

Notes:

2. **SALIDA** – Exits (go out – 1st steps of dancing Tango – derived from Spanish phrase “Salimos a bailar”...shall we get out to dance?)

One of the simplest Salidas is La Cruzada

3. **LA CRUZADA** – (THE CROSS) 8 STEPS - Last 3 steps are called the Resolucion – This pattern turns to the left

- Slightly bent knees
- Man and Woman have same number of steps – always brush through
- Man looks L, Woman looks R
- Rhythm of the dance depends on music, can be ALL *slows* or ALL *quicks* or a *COMBINATION* of *slows* & *quicks*.

Notes:

4. **OCHO** (Figure 8) Man helps woman with hand on her back.

PRACTICE: by holding each other's shoulders and having woman do ochos in front of man, keeping shoulders facing man. Woman: keep knees together, step and fan.

Variation: Forward Ocho and backward Ocho with flick

Notes:

5. **GANCHO** (a hook) – kick through legs

Starts with one ocho, Man stops her and turns her to L for gancho. She steps back with her L leg over his L leg and hooks his leg.

Notes:

6. **BOLEO**

Basic to flick (QQS flick). then Woman steps L, Steps R, then L leg bends at knee, next to R leg, QQ (turn turn) Woman steps on L ...allows feet to cross

Notes:

7. **MEDIA VUELTA** (half turn)

Notes: