

## THE ESSENTIAL 10 RULES OF DANCE

### RULE #1

Stay in your line of dance.

### RULE #2

Never let your elbows go past the front of your body

### RULE #3

- A) Ladies - Go the direction you are led until your leader changes the direction.
- B) Ladies- Go with the momentum you are led until your leader changes the momentum.
- C) Ladies- Continue turning the direction your turn initiated until your leader stops your turn.

### RULE #4

The gentleman gets to lead.

### RULE #5

The gentleman gets to lead.

### RULE #6

Never look at your feet

### RULE #7

Never look at your partner's feet.

### RULE #8

Never look at the ceiling.

### RULE #9

Never look at the floor.

### RULE #10

Relax and have fun!