

Smooth Dancing and Body Flow

By Jeff Priest

- ⇒ *Hand Sequence*
- ⇒ *Hand Availability*
- ⇒ *Smooth Transition*
- ⇒ *Body Positioning – Turning Direction*
- ⇒ *Correct Lead Time*
- ⇒ *Correct Beats to Execute*

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Smoothness:

- Timing - Are you giving the correct beats for each call?
- Tempo - Are you calling at a comfortable tempo (124 – 128 bpm)?
- Body Position - Are your dancers set up for the next call or is there body reversal?
- Hand Availability – Are you using the correct hand for this call?
- Anticipation - Are you allowing your dancers to falsely anticipate your next call?

Body Flow:

- Accuracy of Execution
 - Familiarity of Material
 - Adequacy of Training
 - Space Available
- Kinesiology
 - Body Movement
 - Body Relationships
 - Call Design
- What about “Over Flow”
 - Too many calls in the same direction
 - Consistently turning the square either clockwise or counter clockwise
 - Drilling the dancer into the floor
- Should the flow be interrupted at any time?
 - The “Dance” is a total experience
 - Occasionally the flow can be broken or sacrificed for choreographic enjoyment. This is to be done cautiously and with specific intent
 - Most often the dancers should be comfortable and be able to dance smooth flowing patterns without hesitations or body reversal.

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➤ **Here a few examples of BAD Flowing choreography**

Heads Star Thru & Square Thru Three Right And Left Thru Star Thru Pass The Ocean Ladies Trade Ladies Cast Off 3/4 Boys Face In Extend - Girls Run Pass Thru - Cast Off 3/4 Pass Thru Wheel And Deal Double Pass Thru Leads California Twirl Allemande Left	Sides Right And Left Thru Sides Back Away Heads Pass Thru Heads Partner Trade Heads Forward And Back Heads Flutter wheel Heads Sweep 1/4 Heads Veer Right Heads Veer Left Square Thru Three Boys Run Circulate Boys Peel Off Right & Left Grand	Heads Left Square Thru Swing Thru Boys Trade Boys Cross Run Girls Run Wheel And Deal Sweep 1/4 Twice Veer Left Bend The Line Flutter wheel Pass Thru Allemande Left
Heads Right And Left Thru Heads Lead Right Veer Right Partner Trade Bend The Line Star Thru Veer Left Ladies Run Boys Cross Run Recycle Veer Right Bend The Line Square Thru Two Allemande Left	Heads Star Thru & Flutter wheel Then Veer Right Boys Pass Thru Boys Run Left Centres Wheel And Deal Centres Swing Thru Extend Centres Trade Girls Run Partner Trade Star Thru Trade By Veer Left Ferris Wheel Centres Sweep 1/4 Twice & Star Thru Back Away	Heads Star Thru & Pass Thru Veer Left Ladies Trade Chain Down The Line Pass Thru Boys Run Walk And Dodge Wheel And Deal Centres Square Thru Three Swing Thru Boys Trade Boys Run Boys Trade Ladies Circulate Ferris Wheel Zoom Centres Veer Right Centres Bend The Line Centres Back Away