

Blanche & Emilio Librero

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PS. A quick review of a great balance exercise:

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BALANCE - THE ELUSIVE QUALITY Part 1 of 3

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"THE SUPPORTING LEG"

*(Print this Tip so you can try this little walking exercise as you read it).*

WALKING EXERCISE 1

*Stand in a hallway or any other area where you can take several walking steps.*

*Stand with your weight on your right foot with your left foot free. Take your first step, concentrating on your left foot as it moves forward. As you transfer weight, your right foot becomes your free foot. This time concentrate on your right foot as it moves forward.*

*Keep moving forward repeating this process of walking and concentrating on the free leg.*

*What did you notice - It felt normal didn't it?*

*Well that is generally the way people walk; concentrating on the free foot as they move from one leg to the other.*

WALKING EXERCISE 2

*Now we want you to try the same walking exercise with a little spring.*

*Stand again with your weight on the right foot with your left foot free. To start the walk, compress your right leg a little by pressing downwards with your body, (allow the knee to flex some), then spring forward off of your right foot. Concentrate on your right leg until the weight is transferred to the other leg.*

*Repeat the same process on the left leg. Compress the left leg and spring forward from the left foot, concentrating on the left leg until the weight is transferred.*

*Keep moving forward repeating this process of walking and concentrating on the supporting leg.*

*What did you notice - it felt more powerful didn't it?*

*With a little practice you will discover two major things.*

*Your walk becomes stronger and you are able to arrive on the other leg in complete balance and control ready for the next move.*

*For better dancing, pay more attention to your source of power and balance - your supporting leg.*

*Happy Dancing,*

*Blanche & Emilio*

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*BALANCE - THE ELUSIVE QUALITY (Part 2 of 3)*

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*THE FIRST ELEMENT - "THE SUPPORTING LEG"*

*(You were introduced to it in our previous issue) Refers to the constant awareness of the supporting leg which is essential for good body balance. It is the supporting leg that sustains the body upright.*

*THE SECOND ELEMENT - "VERTICAL ALIGNMENT"*

*(which we will be concentrating on in this issue) Refers to the vertical alignment of the three main body blocks:*

- 1) Knees*
- 2) Hips*
- 3) Shoulders*

*PRINT THIS PAGE AND TRY THE FOLLOWING EXERCISE*

*Stand in front of a full body mirror and turn sideways so that you are looking at the mirror over either your left or right shoulder.*

*Bring your feet together, ankles touching and toes a little apart at a 45 degree angle.*

*Now, keeping your knees together bring them forward so they are aligned vertically on top of your big toes.*

*Bring your hips forward to vertically align with your knees and the toes or balls of feet.*

*Bring your shoulders forward so they are aligned with your hips, knees and balls of feet.*

*If you point your arms straight down you should see in the mirror, that your shoulders, hips, knees and balls of feet follow a straight vertical line.*

*Maintaining this alignment slowly put pressure on the balls of your feet and lift the heels off the floor (keep ankles touching). You should be able to go up and down on your toes without falling backward or forward.*

*With a little practice you will be able to stay on your toes in perfect balance. You will be on your way to mastering the rise and fall of the smooth dances like Waltz, Foxtrot and Quickstep. You will also achieve better balance and coordination during many everyday activities.*