**Forward posture:**
1. Place all your weight back on the inside edge of your right heel
2. Rest your left foot on the floor next to your right foot
3. Align your head over your spine
4. Align your shoulders over your hips
5. Align your hips over your knees
6. Align your knees over your ankles
7. Reach as high as you can with your arms while keeping your right heel on the floor
8. Visualize moving your hip forward as you do the next 3 steps
9. Hinge forward from your right angle
10. Bend your right knee to keep your body vertical
11. Move your entire body forward 4 inches
12. Feel your weight shift from your heel to about 50% on your inside metatarsal and 50% heel
13. Keep your heel on the floor
14. Spread you toes out and relax them
15. The goal is to have your spine aligned so that you can dance for hours without back pain

**Hips:**
1. Place your hands on the top sides of your hips
2. Relax your hip
3. Using your hands rotate your tailbone forward and back several times to feel the full range of motion
4. Rotate your tailbone forward so that it is tucked in
5. Keep your butt tucked in to prevent lumbar pain

**Shoulders:**
1. Stretch your arms out from your side about 45 degrees from your body
2. Relax your shoulders
3. Rotate your palms from palms down to palms up
4. As you rotate your palms up, feel your shoulders gently turn back
5. The goal is to have your shoulders down, back and relaxed but do not arch your back

**Rotation:**
1. Place all weight on inside edge of one foot
2. Move your body into posture
3. Reach your arms up as high as they can while keeping weight on your heel
4. Keep your hips facing forward, rotate your shoulders as far as possible clockwise then counterclockwise without moving your hip
5. Do the same on the other foot
6. The goal is to rotate with ease while keeping the vertical posture

**Practice:**
1. Regardless of the embrace, the step or rotation of your body, do not compromise your posture
2. Regardless of the height or width of your partner, do not compromise your posture for anyone
3. Be in this posture whenever you are standing during a tango lesson, standing waiting to dance, walking from the car to the Milonga, waiting in line, cooking dinner, washing dishes, cutting the grass

**Metaphor:**
1. Men are masculine and strong like Superman.
   Superman is very strong and confident yet gentle with the ladies.
2. Ladies are feminine and strong like the Queen of the ball.
   The Queen of the ball can walk confidently and elegantly with books on her head.

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Which posture are you?

Correct Posture

Correct Knees and Ankle

Incorrect Locked Knees

Incorrect Bent Knees

Incorrect Axis too far back

Correct Head and Shoulders

Incorrect Shoulders too far back

Incorrect Shoulders too forward

Incorrect Head too far back

Incorrect Head too forward

- Head over shoulders
- Shoulders over hips
- Hips under shoulders
- Knee under hips
- Space for your feet
- Hinge forward at ankle
- 50% of your weight on your metatarsal
- 50% of your weight on your heel

Align knees under hip

Align shoulders under hip

Align head over spine

Hinge forward at your angle