



**TANGO VITAL 5 – FOLLOWERS**

**NEVER ANTICIPATE A STEP AND LEARN  
HOW TO WAIT**

**KEEP YOUR WEIGHT FORWARD AND GIVE  
RESISTANCE TO YOUR LEADER**

**KEEP YOUR OWN AXIS (DO NOT HANG ON  
YOUR LEADER)**

**STRETCH BACK YOUR LEG STARTING  
FROM YOUR RIB CAGE**

**STAY COMPACT (FEET TOGETHER, KNEES  
TOGETHER, DON'T TILT YOUR HIP)**

**TANGO VITAL 5 – LEADERS**

**LEAD WITH YOUR CHEST AND SHOULDERS**

**KEEP YOUR CHEST FORWARD**

**BE DECISIVE AND CREATIVE**

**KEEP THE BEAT (BE RHYTHMIC)**

**ALWAYS, ALWAYS, ALWAYS DANCE TO MAKE  
YOUR FOLLOWER FEEL CARED AND PROTECTED**