

Hand Holds

In a Circle, Men's palms up, Women's palms down



As Couples, Person on the left, palm up, person on the right, palm down. This is not about gender, it is about position. If the couple is two men or two women, the rule is the same.



No Thumbs used in any handhold or forearm grip.

Handholds are done typically with slightly curled fingers



Forearm grips have just a slight cupping of the hand around the forearm but mostly relies on pressure.



I like a slightly truncated forearm grip for some moves, connection is made just above the wrist.

Handholds that are not recommended.

Handholds that make use of a “handshake” grip should be avoided. The wrist is a weak point and it is easy to do damage.



Any grip where you find yourself clamping your partner's hand or arm by using the thumb should be avoided.

Suggested Viewing

Bob Osgood

<http://www.youtube.com/watch?v=fGejzk0wGyY>

https://archive.org/details/square_dancing

10th Annual Square Dance Convention

<http://www.youtube.com/watch?v=oQ3y8Er8pzg>

Buddy Weaver Styling Videos

<https://www.youtube.com/channel/UCK7xFNcocNmjDnbSDXxFdBg>

Pat Kelm Article

<http://www.newnorth.net/~promn8/smoothdancing.htm>

Mildred Bulher

<https://www.youtube.com/watch?v=IxfOxnVsl7k>

Website dealing with "tone"

http://www.eijkhout.net/lead_follow/index.html,

Especially the Section on Arm Tone

http://www.eijkhout.net/lead_follow/arm_tone.html

I discovered this website under the heading of
"Frequently Asked Questions about Lead and Follow"

Also, visit our website

www.nexgen-sd.org