

FIVE HEAD POSITIONS

ERECT



Head is lifted up and out of the shoulders. Maintain a level eye line. Chin is held straight, while the back of the neck is stretched. This position is used during most Latin and Rhythm dancing. The man's head position in Smooth dancing is more erect than the lady's.

BACK OR RAISED



The chin level is raised slightly. The front of the neck is stretched, while the back of the neck maintains its stretched position. The eye level is also raised. This position is used for smooth dancing more by the lady especially in picture steps.

DOWN OR LOWERED



This position would be used for "effect". The chin is lowered and the eye level is downward. This position is used a lot in Latin dancing to create a particular mood. Keep the head level. The positioning of the head affects balance and appearance. Beginners often look downward, which is a very bad habit.

INCLINED



The head is tilted or inclined to either the right or left. This position is also used for "effect" and is used primarily in Latin dancing. Beginners often tilt their head, which is a very bad habit. The positioning of the head greatly affects balance and appearance.

TURNED



The head is turned to either the right or left. This position is also used for effect, however, a slight turning action may be used for promenade leads and turning actions. The controlled turning of the head is essential to maintaining balance during rotating movements.

Maintaining proper head positions is used in all good dancing. Try to avoid tilting and turning the head independently from the body unless you are instructed as part of the technique. Inclined action should generally generate from the hip or sternum area, not just at the top of the shoulders. Keeping the head and spine aligned helps create a confident, poised dancer and is well worth the effort.