

IN TANGO, AS IN LIFE

10 TIPS TO DANCE WELL AND… LIVE BETTER!

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Tango is much more than a dance. It is a mirror. Every embrace, every pause, every breath, every mistake, every triumph… tells us as much about dance as it does about the way we move through the world. This little eBook brings together 10 parallels between Tango and Life, to help you approach both with greater awareness, lightness and clarity.

1. FIRST, MAKE A DECISION

In dance, as in life, before asking yourself “How do I do that?” or “How do I lead that?”, the very first thing is to decide! Just as you decide to climb the stairs, not to fall as you walk down the street, or to get out of bed, the first step is to DECIDE. Give your body the instruction. Often, that alone is enough. In dance, as in life!

2. THE PAUSE IS THE BREATH OF THE DANCE

If we don’t breathe, we don’t live. It’s as simple as that. Your dance begins to fade every time you fail to give it a breath between one movement and the next. Don’t run, don’t rush, don’t hurry. Breathe and listen. 50% of elegance lies in the pause! Don’t forget it.

3. DON’T REACT — TAKE ACTION!

Every automatic movement that shoots out of your body uncontrollably is a missed opportunity to decide how you want to interact with yourself and with the other person. This applies to every area of life.

4. YOUR BODY IS VERY WISE, EVEN WHEN YOU DON’T LISTEN TO IT

When you’re uncomfortable, sitting awkwardly, or your leg goes numb, don’t you move to make yourself more comfortable? Start listening when your body feels uncomfortable. If it doesn’t feel right, something isn’t working. This applies to Tango, everyday life and human relationships.

5. HEAVEN AND EARTH ARE NOT ENEMIES

If you want to keep your balance, you need to stay grounded while reaching up towards the sky at the same time. I’ll leave you to work out the metaphor… although in dance, it’s literal!

6. WE ARE HERE TO LEAVE A FOOTPRINT

Every step in your dance should leave a mark. Literally: with every step you take, let your weight settle into the floor, leaving the full imprint of your foot before taking the next step. Make every step count. We are here to leave a mark and make our actions meaningful, at least to ourselves.

7. YOU, YOU AND ONLY YOU

Tango is an “altruistic” dance: its focus is on “you”, not “me”. Think of your partner before thinking of yourself. Put yourself in their shoes, listen to them, interpret them, take a genuine interest in the person in front of you, make them feel good. Think about it: who wouldn’t want a partner like that? One warning: it only works when it’s MUTUAL!

8. BEING CLEAR IS A SIGN OF NOBILITY

The clearer our intentions are, the longer our connections will last — even if only for as long as a Tango. Clarity is a virtue in every sense.

9. EVERYTHING IS LEARNED FASTER WHEN YOU ENJOY IT

Don’t become obsessed with the result; commit to the journey. Be grateful that it is an endless journey, because it is an unlimited source of learning. Laugh at your mistakes. Deep down, it’s a game, and making mistakes is part of it. And yes… that goes for Tango, too!

10. EVERYTHING HAS A PURPOSE

Have you ever asked yourself why you dance Tango? It is fascinating to wonder what lesson Tango has to teach us — one that we may need to bring into our lives. Perhaps you haven’t thought about it yet, but everything has a purpose.

Tango teaches you to be more present, more aware, and more connected to yourself and to the people around you. May these words remind you that dancing well is living well.

A warm embrace,

Francesca