

The Tango Basic

Slow, slow, quick, quick, slow · slows take two beats, quicks take one · eight beats per basic

Remember: the last step is a draw. Bring the free foot in beside the other one without putting weight on it, so the same foot starts the next basic. Knees soft, no rise and fall, no bounce.

Leader

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1-2	Slow	Left foot forward
3-4	Slow	Right foot forward
5	Quick	Left foot forward
6	Quick	Right foot to the side
7-8	Slow	Draw left foot to right, no weight

Follower

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1-2	Slow	Right foot back
3-4	Slow	Left foot back
5	Quick	Right foot back
6	Quick	Left foot to the side
7-8	Slow	Draw right foot to left, no weight

Your five-minute practice

- Minute 1:** play the count-along video and say “slow, slow, quick, quick, slow” out loud with it.
- Minutes 2-3:** walk your own part alone, no music. Check that the same foot starts every basic.
- Minute 4:** dance along with the slow practice track (100 beats per minute).
- Minute 5:** try the dance-tempo track (120 beats per minute). Go back to slow if it falls apart.

Check yourself

- Did each slow last two full beats?
- On the draw, did I keep my weight where it was?
- Did the same foot start the next basic?
- Did my head stay level, with no bounce?

When it feels easy

- Try it with a partner in a closed hold, eight basics in a row.
- Travel the basic around the room, counterclockwise, the way couples move on a ballroom floor.
- Ask Amy about the promenade, the tango’s signature open position.