

# 10 Basic Social/Ballroom Dance Holds and Positions

## 1. One-Hand Hold Position

In the one-hand hold, only one hand is held, hence the name. Begin in the open facing position (facing your partner within arm's reach). To enter the one-hand hold position, grasp your partner's hand and leave the other hand relaxed at your side.



## 2. Two-Hand Hold

Regardless of dancers' gender, ballroom couples have a designated dominant/leading and subordinate/following partner. Traditionally, a male partner leads, and a female partner follows.

In the two-hand hold position, both hands are held. Partners should stand apart, facing one another. The male partner holds the female partner's hands, while the female partner places her hands in the male partner's grasp.

# Basic Social Dance

**Katrin Zwirglmaier**



## **Basic Social Dance:**

## **Basic Social Dance** Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**Basic Social Dance**," published by a highly acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound effect on our existence. Throughout this critique, we will delve into the book's central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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