

Dips & Drops, Leans & Lunges, Lambadas & Seducers

Safety First!

Always warm up before any drops - you will be pulling, stressing and stretching vulnerable parts of your body. Never do any of these moves in the first dance of the night - except maybe a gentle seducer at the end.

Men

Warm up before doing any drops - especially your back. Check that your partner is ready to start doing drops.

Don't assume your partner knows what you want her to do.

Lead your partner gently into the drops - don't force her - keep it smooth. Let her control how far you go.

Drop her straight towards the ground - don't twist her body around yours.

With a stranger, either ask her if she is OK with drops, or make the first one a very simple one and do it in slow motion so that she has time to say "No".

In fact - you should do check with regular partners as well - since you last "dropped" her she may have damaged her back or become pregnant!

Respect the fact that there are many ladies who do not wish to do drops, or may only do them with partners with whom they are familiar. Just because you see her doing a drop or lift with someone else does NOT mean she wants to do them with you until she knows you better and trusts you.

Always check for other dancers and people walking across the dance floor before lowering the lady.

Don't do drops which require body contact until you have established a rapport which will allow you to get that close.

Check that your partner is happy to/able to bend her back before doing any Lambadas.

Make sure you position the lady well in relation to your body - if the position isn't right don't do the drop. In most drops her body should be at right-angles to yours (so that your bodies form a T-shape) so that as you lower her you don't twist her body.

Step out to the side so that you can squat into a powerful position with a straight back and take your partner's weight without any strain.

You don't need strength to do a good drop - you need good technique!

Drops (and all other aspects of dancing) work best when you are both relaxed and working together - aim for dancing, not wrestling! Build her trust and your drops will improve.

Empty your pockets before you start dancing - keys and other items can be painful

The lady is very vulnerable - protect her.

Practise!

Ladies

Warm up before doing any drops - especially your knees and ankles.

If your partner starts a drop and you are not ready or don't want to do it then tell him.

Don't anticipate or assume you know what is happening - wait for him to start lowering you.

- he may not be ready/balanced properly

- he may have just noticed someone or something which would make the drop dangerous

- he may not be going to do what you think he is going to do

Practise the various drop positions so that you can go as low as possible while still keeping most of your weight yourself and staying balanced

- standard drop - bend one knee, slide the other foot along the floor (turn the ankle)

- lunge - step forward bending the leading knee and taking all the weight on the leading foot

- lambada - bend both knees forward and lean back (go up on your toes)

Focus on sitting into the drop so that your centre of gravity stays above your feet - not sliding forwards or lying backwards.

Keep your body weight close to the man.

Don't throw yourself into a drop - go with the lead and make it smooth.

Keep control of your head and arms - add more style with them when you can do the basics well.

In a standard drop bend the knee that is nearer to the man so that the audience sees a straight leg, but if one knee is stronger than the other, then use that one.

Don't hold on tight to his neck, if you pull him down you may throw both of you off balance or hurt his back.

Once you trust him, try to relax and work with him so that you end up dancing instead of wrestling.

Aim for a straight line from the top of your head to the tip of your toe.

The man is very vulnerable - protect him.

Practise!