It Takes Two to Tango and Yoga for Fitness
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It Takes Two to Tango

Dance etiquette
Hand position - C hand, U hand, shoulder blade

8 Count Swing Dance

Basic: step forward, forward, back, back

Around the world: Walk two steps past each other, then two steps back together.

Follow under: the lead drops R hand, raises left arm, and draws follow under. This finishes with two steps back together.

Lead pass: Holding L hand only, lead turns into L arm, releases hand and walks past follow. Follow walks past, brushing hand across leads back to insure a connect.

Slide: Both arms raise up as lead and follow face opposite directions. They put hands behind their own head, release hands and slide out to connect.

Spin: A fancy, fun, and easy movement to follow a slide. Grasp wrists, turn follow under. Start building momentum by walking around. The follow squats down to buttocks and spins on the floor. The leads pulls her back up at the completion of the spin.

Pretzel: Lead reaches behind back with R hand, pulls follow back to back. Raise R arm to turn follow under, then L arm to turn follow under, again.

Basic Ballroom

Lead box: Step forward with L, side with R and close (3 counts). Step back with R, sideward with L, and close (3 counts).

Follow box: Step backward with R, side with L, and close (3 counts). Step forward with L, side with R, and close (3 counts)
**Yoga for Fitness**

Each pose supports a fitness test component, and put together, they create a combination or flow of modified yoga poses. Teach by “add on”, starting with 1 and 2, repeat 1 and 2 and add on 3. You can vary the amount of time spent in each pose as you add on.

1. Start with a stand – inhale, raise arms over head

2. Bend at hips to a tabletop, hands on legs for back support – *hamstring flexibility*

3. Bend knees to place hands on floor, next to feet

4. Step or Jump to extend legs back into plank from toes or knees – *abdominal endurance*

5. Lower through plank to floor – *upper body strength*

6. lying prone, place arms at side and raise torso off ground – *back strength and flexibility*

7. With hands under shoulders, press hips up, heels toward floor to an inverted V position – *hamstring flexibility*

8. In down dog pose, complete deltoid push up

9. Step feet between hands and roll up to a standing position

On the last time through, come through to a sitting position for hamstring bind.