

Lindy Hop

Rules for Leaders and Followers

Peter Pnuel BetBasoo

For Followers:

1. Maintain your frame, in both left and right arms
 - a) Follow your frame, not the leader.
 - b) Maintain an even frame, not too strong and not too weak.
 - c) Maintain a quiet frame: your movement should not be felt through your frame by the leader.
 - d) Stay within the range of your frame.
 - e) Allow the leader to manipulate and break your frame.
 - f) Always present your frame, especially after visual contact is lost. Present your frame passively, never grab for the leader's hand; let the leader take your hand.
2. Maintain your momentum
 - a) *Fundamental rule of Lindy Hop*: momentum overrides footwork. Sacrifice footwork to preserve momentum.
 - b) When given momentum, do not break that momentum but continue in the direction of the momentum.
 - c) Momentum can be horizontal or angular, and these are independent and do not interfere with each other
 - d) Maintain your lines, arcs and circles.
 - e) Find the connection.
 - f) Continue with your figure or movement until told otherwise.
 - g) Maintain your position (do not wander)
3. Maintain the fundamental Lindy footwork
 - a) Step-step, triple-step, step-step, triple-step is the fundamental basic step.
 - b) Your weight should be on the right on counts 1 & 3 and on the left on counts 5 & 7.
 - c) Syncopation (shifting the weight off of the usual position) is allowed, but be prepared to get back to the correct position at any time.
4. Maintain your balance. The leader is not responsible for your balance, you are.

For Leaders:

1. Maintain a quiet frame: your movement should not be felt through your frame by the follower.
2. Stay within the range of your frame.
3. Step-step, triple-step, step-step, triple-step is the fundamental basic step.
4. Maintain your own balance.
5. Lead with your body.
6. Lead clearly and authoritatively.
7. Lead from any connection point.
8. Give the lead one count ahead of time.
9. Find the connection.
10. Do not lead against the momentum of the follower.
11. Know where your follower's weight is at all times.
12. Assume the follower will maintain Lindy footwork.
13. Do not force your follower, suggest the movement and let her execute it.