

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

SA Dillow



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