

## Smooth Dancing / Body Flow

### Elements of Bodyflow

- Other Influence
- How to conduct good bodyflow
- Support Bodyflow

### Elements of Bodyflow

- Bodyposition
- Handavailability
- Body momentum
- Overflow (> 1 full turn)
- Sequential overflow  
How to interrupt (Centers "Trading" / LH / RH Choreo / change Arrangement)
- Call Design

### Other Circumstances

- Space available
- Degree of Difficulty
- Are dancers familiar with call
- Counter Dancing
- Arm turn
- Inactive dancer
- Dancers anticipation  
Call design

### How to develop good bodyflow

- Call Analysis Sheet
- Check all routines out of Caller Notes
- Dance your own choreography

### Support Bodyflow

- Support dancers while using good bodyflow
- Helperwords to offer dance success
- Maybe used to introduce uncommon arrangements
- Interrupt good bodyflow to get the dancers attention

**Revisions**

<b>Nr.</b>	<b>Changes</b>	<b>Release</b>	<b>Contrib.</b>	<b>Date</b>
1.	First merge of all topics	0.92b	all authors	2003/03/23
2.	Footer updated	0.93	MP	2003/05/31
3.	Separation from document of March 2003 with all topics in single documents with reviewed layout / when available English and German merged together		CW	2010/01/20
4.	Überprüfen Ergänzen		EH	Mrz2010
5.	Review: Formatierungen		EH	2012 / 03 /01
6.	Review: no changes		EH	2013/12/06
7.	Review: no changes		EH	2015/04/24
8.	Review: no changes		EH	2016/11/19
9.	Update for website	1.5	EH	2018/04/19
10.	Review: no changes	1.7	EH	2022/Mrz