

# Drag Blues Practice Checklist

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## Walking Technique

Lilt/lean (opposite of walking direction)
Change lilt at hips
Contra body movement (CBM)
Project, then drive (&, 1)
Project: full CBM, no split weight
Drive: floating across floor
Extend spine, rotate hips to neutral
Roll through feet (heel/toe; toe/heel)
Walk through partner, not to side
Stand up straight for circular movements

### Practice

*Practice maintaining Drag Blues aesthetics and balance at different speeds and step sizes.*

## About Drag Blues

Drag Blues is a modern dance form of Blues evolved from Ballroomin' and Slow Drag, both vintage blues dances, danced to the swing rhythms found in Blues and Jazz music. While based on vintage traveling Blues dances, Drag Blues has a more defined technique and incorporates Swing moves and movements.

## Balance Tips

Adjust frame for varying followers' heights
Change own lilt
Change contra body while walking
Commit weight transfer after drive
Take larger steps
Hold own weight, don't rely on partner
Readjust frame
Speed determines size of steps
Rotate hips to neutral
Relax
Readjust weight placement on foot
Body Shape into partner

## Embrace

Good posture, chest up
Forearm across back
Connect at follower's frame/height-level
Palm to palm
Fingers closed
Hips neutral over standing leg
Adjust frame/arms/hands as necessary

### Practice

*Practice incorporating moves into your basics. Each time you reconnect readjust the embrace to be comfortable.*

## Follower's Responsibilities

Move own body in response to leader's
Match pTed: posture, tone, tension, energy, and direction changes
Maintain level of tension/compression between bodies while walking
Control weight transfers (&, 1)
Extend spine, rotate hips to neutral
Extend leg to full extension
Drive before transferring weight

### Practice

*Practice walking forward, backward, diagonally, and circularly. Try different postures and dips, and be responsive to each change.*

## Other Considerations

Natural vs. contra body movement
Dips: connect in an upright posture, twist, then dip
Body shaping: from the ground up. Begin with projection-posture and extend upward through spine.
Shared vs. non-shared axis
Shared vs. non-shared weight