FOUNDATION 2

CURRICULUM INFORMATION

FOUR-DAY ARGENTINE TANGO INTENSIVE • FOUNDATION 1 REQUIRED

Foundation 2 revisits the organizing principles of Foundation 1 and extends them into spiral body mechanics, curved pathways and rotational systems. Across four days, participants learn to generate rotation through coordinated whole-body organization, adapt partner geometry as direction and radius change, and distinguish between turns organized around a common center and those organized around one dancer's axis.

DAY 1 Foundation 1 to Spiral Organization

The intensive begins by reconnecting the principles of Foundation 1 to the demands of curved and rotational movement. Axis, articulation, weight transfer, partner geometry and communication are reviewed, then reorganized to support coordinated spiral movement.

TECHNICAL FOCUS

- Axis, articulation and complete weight transfer
- Cross- and parallel-system organization
- Partner spacing, alignment and directional pathways
- Spiral organization through the whole body
- Sequencing rotation without forcing the pivot

APPLIED INTEGRATION

- Preserving individual organization inside rotation
- Connecting spiral mechanics to partner communication
- Distinguishing functional tone from rotational tension
- Maintaining clarity as direction changes



Sara Grdan and Ivan Terrazas.

DAY 2 Spiral Body Mechanics and Curved Movement

Day 2 develops coordinated spiral movement through the feet, legs, pelvis, spine and upper body. Curved movement is examined as a continuous relationship between internal mechanics, pathway and partner geometry.

TECHNICAL FOCUS

- Initiating spiral movement from the floor through the standing leg
- Spiral sequencing through the body
- Forward, backward and lateral movement on curved pathways
- Circular weight transfer and pivot mechanics
- Inside and outside positions relative to the curve
- Managing radius, direction and changing alignment

APPLIED INTEGRATION

- Producing rotation without disconnecting the body
- Preserving the embrace through curved movement
- Coordinating different pathways and travel distances
- Adapting tone, timing and energy to changing radius

DAY 3 Turns Around a Common Center

The couple now organizes around a shared center. Participants study how both dancers travel through related circular pathways while maintaining their own axes, a coherent embrace and continuous communication.

TECHNICAL FOCUS

- Establishing and locating a common center
- Leader and follower pathways around the center
- Forward, side and backward rotational steps
- Giro - or turn - structure and circular sequencing
- Radius, spacing and relative position
- Energy generation and redirection in continuous turns
- Entering, sustaining and exiting rotation

APPLIED INTEGRATION

- Maintaining two clear axes within one rotational system
- Synchronizing unequal pathways and travel distances
- Changing direction without losing the shared center
- Building adaptable turns rather than fixed sequences

DAY 4

Turns Around a Single Axis

The final day examines rotational systems organized around one dancer's axis. Participants learn how the moving partner travels around a stable center while both dancers manage spiral mechanics, energy, geometry and connection.

TECHNICAL FOCUS

- Establishing one dancer's axis as the rotational center
- Organizing the moving partner's circular pathway
- Spiral mechanics for the central and traveling partners
- Managing distance, radius and rotational energy
- Maintaining axis during changing partner position
- Transitions as the rotational center changes
- Controlled entry, continuation and exit

APPLIED INTEGRATION

- Connecting single-axis turns to common-center turns
- Maintaining communication through asymmetrical movement
- Modulating energy without pulling or collapsing
- Applying WHAT, HOW and WHY to rotational choices
- Developing personal expression without losing structure

Curriculum progression

SPIRAL ORGANIZATION > COMMON CENTER > SINGLE AXIS

Foundation 2 develops the mechanics and spatial understanding required for adaptable rotational movement. Participants progress from coordinated spiral organization to turns in which both dancers move around a common center, and then to turns organized around one dancer's axis. Throughout the intensive, the objective remains the same: to preserve clarity, stability and communication as direction, radius and partner relationship change.