

june 24,2008

I've been exploring tango sites again finding so much information I'd like to share with all of you.

The following is an excerpt from

<http://www.close-embrace.com/tangoembellishments.html>

on embellishments. The highlights and underlines are mine and can't over emphasize the importance of each point.

Explore the rest of this web site as it has lots of great insights on all aspects of the tango.

Embellishments are little flourishes that the follower does to decorate the steps that the leader gives her.

In tango **followers are always standing on one leg or the other, never both**. The **leg that the follower is standing on belongs to the leader**.

He put her there and it is her job to stay on it for as long as he wants her there. However, **the free leg belongs to the follower**

and she can do whatever she wants with it as long as she is ready to step again when the leader proposes.

In a [Tango-L posting](#), Rose (from Portland Oregon) quoted from a book she is reading called [Peace is Every Step](#).

From the book: "When you hold a child in your arms, or hug your mother, or your husband or your friend, if you breathe in and out three times your happiness will be multiplied at least tenfold."

Rose goes on to write: "If you are distracted, thinking about other things, your hug will be distracted also, not very deep, and

you may not enjoy hugging very much. So when you hug your child, your friend, your spouse, I recommend that

you first breathe in and out consciously and return to the present moment. Then while you hold him or her in

your arms, breathe three times consciously and you will enjoy your hugging more than ever before.

"It takes time to become comfortable hugging this way. But to really be there, you only need to breathe, and suddenly the both of you become completely real. The two of you really exist in that moment. It may be one of the best moments in your life.

"Lovely tangos to all,

Rose

Portland, OR"

Christian Luthen (who has an [Argentine tango website at http://www.eTanguero.net/](http://www.eTanguero.net/)) adds:"**I recommend that you first breathe in and out consciously and return to the present moment. Then while you hold him or her in your arms, breathe three times consciously and you will enjoy your hugging more than ever before. Think about this while starting to dance: embrace ... and rest a second and another ... to feel the presence of the partner (before doing the first step) ...**

... and hug/dance away!"

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Here is another link that I've been wanting to send you.
Great clip of Carlos Gavito y Maria showing **effortless molinetes**.
<http://youtube.com/watch?v=kUof6qa10yM&feature=related>

From another site.....[http://www.lovemusiclovedance.com/
argentine_tango_steps.htm](http://www.lovemusiclovedance.com/argentine_tango_steps.htm)

That is enough for now. See you all soon.
Aloha, Gordon