

HOW TO SET UP YOUR TOPLINE DANCE FRAME FOR BALLROOM PRACTICE:

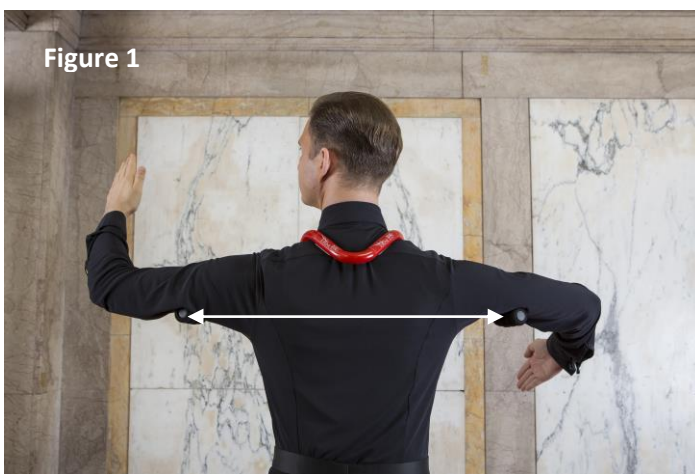
Parts included are:

- (a) 1 x neck section (b) 2 x stainless steel connectors (c) 2 x arm sections (with Comfort Grips attached)
(Coloured dots are located on the frame to aid assembly)

To assemble the frame, locate the coloured dots to ensure correct connection. When assembled it should look like Image 1.



Silicon eGrips have been added to the underside of the neck section – as shown in Image 2. These help the frame to slip less when worn during practice.



Place the assembled frame over the shoulders. For correct fitting, the curves of the neck section should sit over the trapezium muscles of the shoulders, which ensures that the frame is angled down the back/neck area (see Figure 1). The end sections should pass under the arms at the mid-point between elbow and armpit and be parallel to the floor. When viewed from the front the frame should align just below the tie knot (see Figure 2)



Adopt your normal ballroom set-up position and then have your dance partner/tutor set the frame for width and posture, using the adjustment buttons. For width, the frame should be set so that it passes under the arm at the mid-point (or beyond) between the armpit and elbow and be parallel to the floor. If set too narrow the elbows will drop and result in poor posture. The frame should be set so that it puts your arms and shoulders into a neutral, level position. You should feel that the frame is only touching your arms and that you are not resting the weight of your arms onto the frame, but that it is naturally encouraging you to adopt a more positive, upright position.

Allow your dance partner to join you in dance hold. The frame should not infringe upon their position or hold. If it does, re-set your dance position (with your partner/tutors' assistance) and if necessary, re-set the frame via the adjustment buttons.

You are now ready to start dancing. You should feel that the dance frame encourages you to maintain a full, open topline. Wearing the frame will encourage body rotation to start through the core centre and not the shoulders.

Additional adjustment for TANGO is available by off-setting the assembly. Lower the right neck connection to its lowest point and rotate the right arm, using the additional holes (see Figure 3). This allows you to place your right hand further onto the partners back. It also allows the partner to take a more 'natural' left hand position, with the thumb under the lead's right arm.



TANGO Holes