



Introduction to Leader's Sacadas - Dec. 11th & 18th, 2010

1. What is a sacada?

one partner goes into the space that the other partner left a moment ago. To do this, the partner who is "invading" the other's space must delay taking his (or her) step.

How many sacadas are theoretically possible?

[follower or leader] can do a sacada with the [left or right foot] in the [forward, side or back step] into the partner's [forward, side or back step] = $2 \times 2 \times 3 \times 3 = 36$ sacadas total

2. The five phases of the walk

all weight on left foot with ankles collected, project the right foot, transfer of weight, leave left foot projected, collect left ankle to right

3. How to pause in a projection

use of embrace – compression and downwards intention, use of dorsals and supporting leg

4. Leader's right foot, forward step sacada into follower's side step (parallel system):

- Leader first needs to lead the follower's side step to his right and make sure she has NO weight on her right foot to which the leader is doing the sacada. To do this, he dissociates to his right and moves his embrace together with his torso, and stops follower's movement before she would collect at the end of her step.
- Leader projects his free right foot to where he will do the sacada – right next to the follower's right foot, but delays his weight transfer, still keeping ALL his weight back on his supporting left leg. To do this, he keeps his chest in his axis, and his hips BACK, almost as if he was going to sit down on a chair behind him.
- Once leader has taken the step, he transfers his weight to his right foot, brings his left ankle to his right, and allows his hip to rotate to the right so that both his chest and his hips are facing towards the follower.

5. Important points for the follower:

- work with the supporting leg & the floor to maintain balance during the projection.
Important: all your weight is on the supporting leg, the free foot (as the name suggests) needs to be without ANY weight
- keep your hips open
- maintain the contact of the big toe / inner part of your foot with the floor
- connect your embrace with your dorsals to feel the pivot and the moment of stopping in a projection

6. The role of the embrace – elasticity, contact, involving dorsals

7. Leader's left foot, forward step sacada into follower's open step (crossed system)

Similar to 4., but leader goes in with left foot, not the right. Parada-pasada exit to get back to line of dance.

8. Leader's right foot, forward step sacada into follower's back step (crossed system)

Lead an ocho to follower; as she takes back step to leader's right, leader enters with his right foot in a sacada into follower's left foot. Parada-pasada exit to return to line of dance.