

THE "X" SESSION – Tango Exchange

Tuesdays, 6:30 – 7:30 pm at Grapes & Hops, 454 East Main Street, Ventura – www.QuantumTango.net

Inspired by similar projects developed in the Bay Area and other leading tango cities, the "X" Session provides dancers with a forum for enhanced interactive learning.

Unlike a "traditional class" where instructors commonly prepare and set an agenda in advance then present it to the group, in an "X" Session, it is the participating dancers themselves who propose and help determine the key area(s) of focus, and they are guided in their investigations and experiments by an experienced facilitator.

Less about what to learn or do on the floor, the "X" Session takes aim more at how we as dancers engage, embody, practice and create the improvised social art form that is Tango.

"X" Session explorations can help dancers open up all new areas of interest; explore the transition from classroom study/examples to the social dance floor; revisit older skills and ideas in order to refine, develop and expand them; and/or delve into more detail on any aspect of the dance.

Participating dancers can drop in to the "X" Session on any night; there is no need to pre-register or pay in advance by the month. All levels are welcome; no partner necessary. Just come with an open mind, a curiosity about the dance, and a question, topic or area of interest you would like to pursue.

Suggestions on a few ways one might use the "X" Session:

- **Explore New Elements** – sometimes we know about, have seen, or are curious about Tango movements, situations and ideas that we don't yet dance ... the "X" Session can help us to begin exploring these new ideas – *llevadas*, *enganches*, with/contr *boleos*, *volcadas*, *cambios* and more.
- **Extend What You Know** – we might know and dance one example of a familiar Tango element, and we are looking to extend our knowledge and experience to encompass more possibilities ... for example, we might dance a good back right *gancho* for the Follower from a *parada*, but we haven't yet found other *ganchos* – on the other side, off a different step, for the other partner.
- **Refine Your Communication** – sometimes we can dance certain movements and ideas with a familiar partner, but things don't seem to work as well with new, unfamiliar or less skilled partners ... the "X" Session can help us examine key issues and interactions, and so make our Tango more available to more partners in more situations.
- **Improvise More Freely** – since Tango is an improvised art form, many figures and sequences that we encounter in the classroom can be difficult to apply on the social dance floor – they just don't seem to "fit" the music, the flow, and our ever changing surroundings full of other dancers. The "X" Session can help us break open and "unfold" these academic shapes + examples – to identify and enhance the underlying **Core Principles**, find new entrance/exit points, and improvise with greater skill, flexibility, creativity and confidence.
- **Address a Technical Issue** – we may find that in certain situations, our partnership begins to lose some key aspect of Tango – such as communication, balance, momentum – or we notice that things which are easy for us on one side can seem difficult or impossible on the other ... here the "X" Session can help us "take apart" the situation, understand the deeper mechanics and issues involved, then reapply these refined skills and insights in dance context.
- **Gain Confidence in a New Area** – social Tango can offer us a number of opportunities and challenges – dancing to *milonga* and *vals* music, using a variety of embraces, navigating a crowded dance floor ... the "X" Session can create a good laboratory for us to take on and explore the various skills and concepts we need to address these and other common Tango situations that may be less familiar to us.