

# Men S Tango Guide: Getting Started With Tango: Guide To Start With Tango

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Tango is a passionate and sensual dance that originated in the late 19th century in Argentina and Uruguay. It is characterized by its close embrace, intricate footwork, and dramatic gestures. Tango is a popular social dance and is also performed professionally around the world.

## Getting Started

If you're interested in learning tango, there are a few things you'll need to do to get started.



### Men's Tango Guide: Getting Started With Tango: Guide To Start With Tango by Dandi Palmer

★★★★★ 5 out of 5

Language : English  
File size : 3008 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Print length : 47 pages  
Lending : Enabled



1. **Find a class or instructor.** The best way to learn tango is from a qualified instructor. They can teach you the basic steps and

techniques, and help you develop your own style. You can find tango classes at local dance studios, community centers, and online.

2. **Practice regularly.** Tango is a challenging dance, but it's also a lot of fun. The more you practice, the better you'll become. Try to practice at least once a week, even if it's just for a short time.
3. **Find a dance partner.** Tango is a partner dance, so you'll need to find a partner to dance with. You can find a partner through your dance class, or online through websites like Meetup.com.

## The Basics of Tango

Tango is a relatively simple dance to learn, but it takes time and practice to master. The basic steps are as follows:

1. **The forward walk:** The forward walk is the most basic step in tango. It is performed by stepping forward with your left foot, then bringing your right foot next to your left.
2. **The back walk:** The back walk is similar to the forward walk, but it is performed by stepping backward with your right foot, then bringing your left foot next to your right.
3. **The side step:** The side step is performed by stepping to the side with your left foot, then bringing your right foot next to your left.
4. **The turn:** The turn is performed by pivoting on your left foot and turning your body to the right.

## Tango Etiquette

Tango is a social dance, so it's important to be respectful of your partner and the other dancers on the floor. Here are a few tips:

- **Be courteous.** Always thank your partner for dancing with you, and don't be afraid to ask them for help if you need it.
- **Respect the dance floor.** Don't cut in front of other dancers, and be aware of your surroundings.
- **Dress appropriately.** Tango is a formal dance, so it's important to dress appropriately. For women, this means wearing a dress or skirt that is at least knee-length. For men, this means wearing a suit or dress pants and a button-down shirt.

## Benefits of Tango

Tango is a great way to get exercise, socialize, and learn about a new culture. It is also a lot of fun! Here are a few of the benefits of tango:

- **Improved physical health.** Tango is a great way to get exercise. It is a low-impact activity that is easy on the joints, but it still provides a great workout. Tango can help to improve your balance, coordination, and flexibility.
- **Improved mental health.** Tango is a great way to relieve stress and improve your mood. It is a social activity that can help you to connect with others and make new friends. Tango can also help to boost your self-confidence and self-esteem.
- **Cultural enrichment.** Tango is a rich and vibrant culture. Learning tango can help you to learn about a new culture and appreciate its music, dance, and history.

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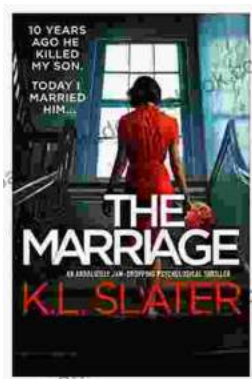
Tango is a beautiful and passionate dance that can be enjoyed by people of all ages and abilities. If you're looking for a new way to get exercise, socialize, and learn about a new culture, tango is a great choice.



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