



# Shared Moments & Basic Steps

I was one of a small group of people in Denver who recently attended an amazing evening with world champion Carlos Gavito and his partner Marcela Duran. The dance studio where I take dance lessons (yes, I take Tango lessons, too!) sponsored them for a weekend. The elegance of his words were as elegant as his steps. His graciousness was impressive considering his stature in the dance world. For him, it wasn't about appearances and position; it was about his respect and connection to the dance and the music.

As we rush from one "To Do" list to another, moving through the steps of our day, consider Carlos' thoughts on the Tango and how it applies to your life. His comments about the dance are relevant to the way we live today:

- Too many dancers try to fit in too many dance steps.
- Those steps are not done well.
- They are done too quickly.
- They are often done in an effort to force their dance partner into position or without clearly communicating where they are leading their partner.
- The steps are done 1, 2, 3, 4, 5, 6 . . . all run together.

But, Tango is more than steps to be performed; it is a philosophy expressed through music and movement. In Tango, there are phrases and pauses. For example: 1, 2, 3, 4 . . . (pause) 5,6,7,8. Each step is a moment shared, a moment to be savored for what it is, not to be rushed through just

to get to the next one. Its focus is connecting and communicating with your partner, and moving to the music. The exquisite nature of each step, so powerful, accentuated by the long pause is essential to savor the wonder of the moment. Lingering until that moment is past and you are inspired to move toward the next one. There is no thought to rushing to do more--less is more here. Simplicity is the rule.

It is not about quantity, but quality: knowing that moment--that "present" moment--is so complete, you don't want to leave. Imagine living your life with that in mind. Not just dancing for dancing's sake, but waiting for the right music, dancing with the right partner . . . so connected . . . so perfect. No strong arm tactics to force your partner, for "respect" is supreme. Having a clear direction in mind, inviting your partners to follow. Its source comes from your own self awareness, self respect and simple, elegant moves, creating a trusting bond that allows you to live gracefully.

As life gets more complex with more opportunities, responsibilities and choices, slowing down is the way to speed up. Savoring the moments and the mysteries of life energizes us and keeps us focused on what we truly value in life: friends, loved ones and making a difference.

Do you enjoy each activity during the day? Do you rush through them and end up exhausted? Could you allow yourself time to savor the moments and linger in appreciation of



your accomplishments? Have you invited people to partner with you? Do you give them clear direction and treat them with respect? (For the respect you give others is the respect you give yourself!) Try it! The Tango philosophy is the perfect elixir for these trying times.

## Management Mysteries e-Zine

Look for Tango's new e-Zine focusing on Management Mysteries: Real time strategies and clues to unraveling the mysteries of today's dynamic and often confusing workplace as well as the upcoming tele-class schedule. For more information call 1-888-706-0176 or email me at [kcarol@starnetdial.net](mailto:kcarol@starnetdial.net).



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