

# Rogue Resonance – Participant Handout

A one-page takeaway from Oscar Castellino's Bachata Workshop

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## The Core Idea

**Rogue Bachata** isn't about learning sequences—it's about developing sensitivity to yourself, your partner, the music, and the space. When these connections are strong, movement emerges naturally.

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## The Four Connections

Connect to...	How
<b>Yourself</b>	Notice breath, weight, tension, mood. Observe without fixing.
<b>Your Partner</b>	Tune into their breathing and balance. Forget yourself briefly.
<b>The Room</b>	Feel the floor, temperature, acoustics, lighting.
<b>The Music</b>	Dance <i>this</i> song, not generic bachata.

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## Rogue Principles

### 1. Bounce and Roll (Brush Rarely)

- **Bounce** = elastic rebound when bodies meet
- **Roll** = contact travels smoothly (like in a turn)
- **Brush** = friction, unclear—avoid it

### 2. Stop and Connect

- At any moment, pause and check:
  - Am I balanced?
  - Is my partner balanced?
  - Are we truly connected?
- The pause gives you information.

### 3. Groundedness (from Salsa)

- Commit your weight fully to each step
- Lead from the core, not the arms

#### **4. Flow (from Zouk)**

- Let movement wave through the spine
- Head and pelvis connected, not isolated

#### **5. Connection (inspired by Kizomba)**

- Be aware of your partner's breathing rhythm
- Let intention travel from the chest, not just the arms
- Pauses become musical, not awkward

#### **6. No Judgement, Only Support**

- Different experiences make dancing interesting
  - Compassion for yourself and partners
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### **The Rogue Mantra**

*"Connection, compassion, conviction, connection."*

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### **Take It to the Social Floor**

- **Before dancing:** Breathe. Arrive in your body.
  - **First few seconds:** Feel your partner's energy before moving.
  - **During:** Bounce on direction changes. Roll on turns. Stop when you want to check in.
  - **After:** Thank your partner genuinely—they gave you their trust.
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### **Stay Connected**

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*Thank you for being part of Rogue Resonance – 14 January 2026*