

Rogue Resonance – Participant Handout

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

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.

The Four Connections

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

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."

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

Oscar Castellino

Email: voice@oscarcastellino.com

Instagram: @operawalaofindia

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