Technical Description:
1. Go into posture
2. Approach without arms
3. Maintain a constant distance of 6 inches from sternum to sternum
4. Follower's elbows down and fixed, arms are soft
5. Follower's edge of palms rest inside Leader's shoulders
6. Follower's do not compromise your posture by leaning forward or back
7. Follower's do not apply any pressure up or down, only in the direction of your partner
8. Follower's maintain the same distance from your partner
9. Follower's keep both of your shoulders equal distant from your leaders
10. Leader's do not compromise your posture.
11. If leader's hands are applied, place them gently on the should blades of the follower's shoulders
12. Leader's fingers point towards the follower's head
13. Leaders visualize that your partner is a plush teddy bear and you are trying not to crush the fur

Metaphor:
1. Leaders move clear and strong like a locomotive
2. Followers maintain a constant pressure on the locomotive so that it does not jerk back and forth

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