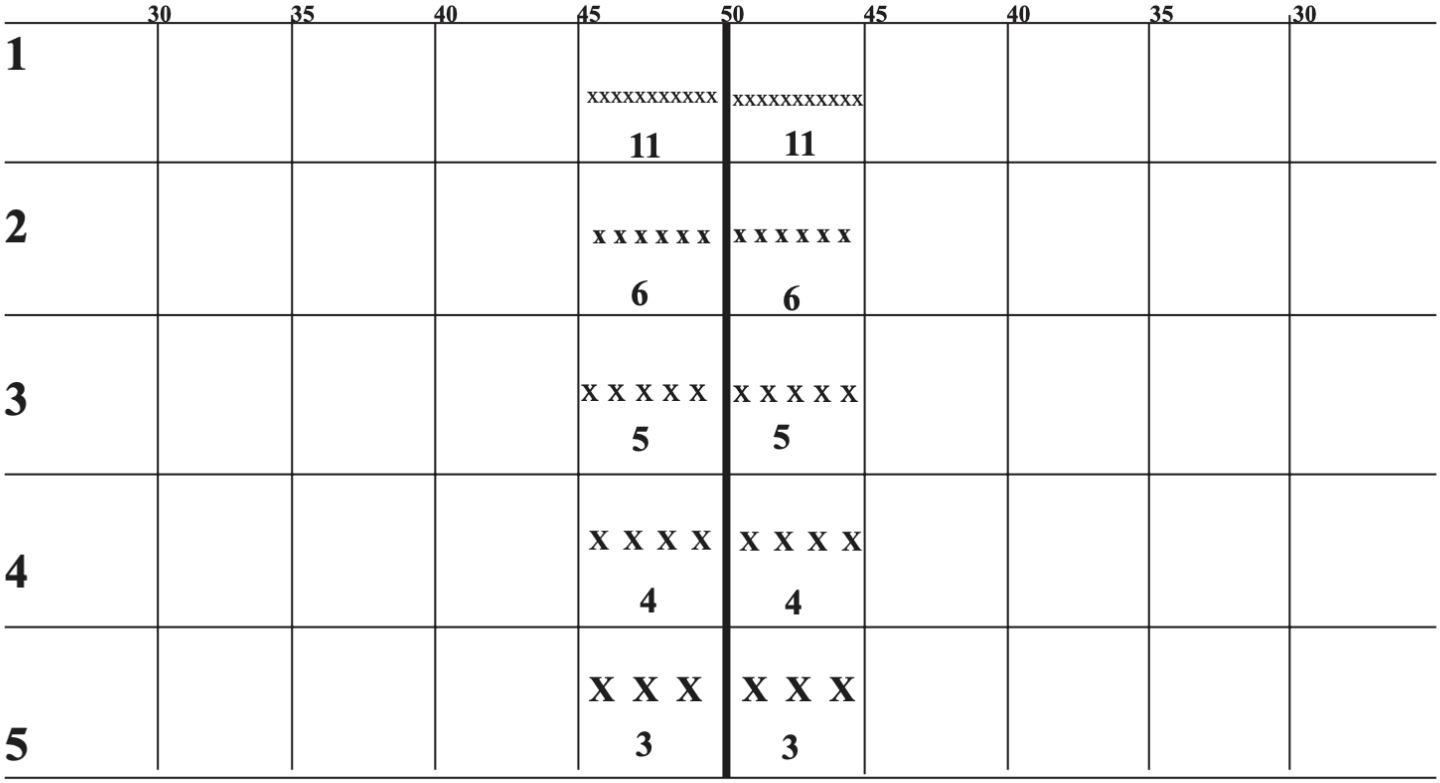
Education Support

American Dance

Football Field Spacing Guide

1. **Shoulder to Shoulder Spacing** = 11 individuals per 5 yards. Each member stands shoulder to shoulder creating a tight line.
2. **Elbow Spacing** = 6 individuals per 5 yards. Each member stands side by side with hands on hips touching elbows.
3. **High Kick Spacing** = 5 individuals per 5 yards. Each member stands hooked up for high kicks with hands on the next dancer's shoulder. If every other person steps forward, the line will become fingertip spacing distance.
4. **Hand to Elbow Spacing** = 4 individuals to 5 yards. Each member stands with arms extended and fingertips touching the elbows of the next member.
5. **Fingertip Spacing** = 3 individuals to 5 yards. Each member stands with arms extended and fingertips touching the next dancer's fingertips.