

Peer Feedback: How to Request, Give, and Receive

Giving Feedback

- Never give unsolicited feedback.
- Wait to be invited before commenting.
- Not every dance needs to include feedback. It's ok to decline a request for feedback.
- Assume that everyone is doing the best they can.
- Check yourself first: never assume the other person is the sole cause of the problem.
- Remove yourselves and have a private conversation.
- Giving feedback is an act of caring. Do it caringly.
- Be courteous, tactful, and mature.
- Small doses: 1-3 points, no longer than one extra song.

Receiving Feedback

- Be open minded, calm, and mature.
- Receiving feedback is an act of caring. By being open, you show you care to improve.
- Clarify points without being defensive.
- Keep in mind you do not necessarily have to do anything with their feedback.
- Say when your feedback bucket is "full".
- Listen completely before responding.
- Thank the person for their comments.

Feedback Tip	✓✓✓ Do Say ✓✓✓	××× Don't Say ×××
Use "I" messages	"I'm not feeling where you want me to go"	"You're not leading it properly"
Focus on the skill or body part, not the person	"I feel alot of tension in your arm"	"You're too heavy"
Avoid commands	"Oops, need more room please!"	"Get out of my slot!"
Use specific examples, if possible	"When I catch your back on the whips, I need you to keep going back into my connection"	"Your whip doesn't feel right"
Don't exaggerate	"Once in a while I feel pulled out of my anchor"	"You never let me anchor"
Make a request:	"Can you give me more compression here, please?"	"You're too squishy!"
Avoid "don'ts"	"Remember your frame!"	"Don't break your frame!"
Be constructive, not critical	"I think it might work better if you move your hand higher"	"Your hand is too low"
Don't teach; refer to a teacher	"That sounds like a great question to ask my teacher."	"That's not right- let me show you how to do it"

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Requesting Feedback

- Don't request feedback from every single partner.
- Do request feedback from all levels of partners. Your goal is to figure out what works with each person, so everyone's feedback is valuable.
- Feedback is not an evaluation.
- You choose what kind of feedback you request.
- Ask your partner first if they mind giving you feedback.
- Request feedback in advance. Don't wait till the end.
- Don't demand feedback or impede someone from moving on to a new partner. You won't make any friends.
- You can occasionally request for quick bits of feedback during a dance. Be specific. General comments don't help anyone.
- Ask for their personal preferences so you can note the similarities and differences.
- Ask your teacher before the dance starts, not after, if they mind giving you feedback. They are usually focused on having fun, not critiquing.
- Don't ask other teachers for feedback - unless you are asking to book a lesson.

Asking/Receiving Tip	✓✓✓ Do Say ✓✓✓	××× Don't Say ×××
Ask a specific question, don't ask for a general evaluation	"Do you feel I gave you enough support in that dip?"	"Any feedback?"
Ask them in advance to signal you when/if they notice a particular error.	"Can you please tell me if I grip your fingers too much?"	After the song is over: "How were my fingers?"
Ask for personal preferences	"Do you prefer a stronger push here?"	"How hard am I supposed to push?"
Ask for a quick check-in during a dance, not a long-answer question.	"Am I giving you enough elasticity?"	"So how does this 'stretch' thing work?"
Teachers are not automatically critiquing you. Don't troll for freebies.	Before a dance: "Would you mind checking my _____?"	And the end: "Can you give me any pointers?"
Request an experienced partner to give you specific opportunities.	To an experienced dancer: "I'm working on spinning. Would you mind giving me a bunch of spin moves?"	To a beginner dancer: "Spin me more!"