



## Beginner Salsa Syllabus

### Technique

Core and Posture

Weight Placement and Turn Out

Tension and Connection

### Basics

Forward/Back

Cucarachas

Cumbias

### Partner Elements

Underarm Turn

Tailbone Turn

Alardes

Cross Body Lead (CBL)

New York Walk

Enchufas (Doble)

### Shine Elements

Right Turn

Left Turn

Suzy Qs

Cross Taps

## Intermediate I

### Partner Elements

CBL Inside Turn (Traveling L Turn)  
CBL Outside Turn (Traveling R Turn)  
Inside Out  
Basic Wrap  
Left Spins  
Hand Toss Preps  
Concept: Turn Towards the Hand You Want  
Concept: Always Turn Towards the Top Hand

### Shine Elements

Half Time  
Mambo  
Slides  
Jazz Box  
Crazy Box  
Scoot Step

## Intermediate II

### Partner Elements

Hooks  
Back Spot Turn  
Titanics  
Walkbacks  
Fakes  
Halfsies  
Hits  
Walk-Arounds

360s  
Coca Colas  
Box Wraps  
Hamerlocks  
Copas  
Reverse Copas

Behind the Back Turn  
Behind the Back Hand Drops  
Behind the Back Tosses  
Swivel Preps  
Rebounds  
Left Side Leads  
Double Spins  
Double Traveling Turns

### Shine Elements

Right with a Hook  
Left with a Spin  
Hesitation Left  
Flair Step/Slow Flair  
Grapevine

Push Step  
Hit Step  
Cross Taps with a Hit  
Cross Suzies  
Crazy Qs  
Skip Step  
Mambo With a Skip  
Hackey Sack  
Pachanga

### Drills

Magna Gopal  
No Arms, No Landing  
4 Corners  
Doubles  
Grounding  
Shoulder Isolations