



## Salsa Level 1 Syllabus

### Move List

Shines

|            |  |
|------------|--|
| Basic      |  |
| Cucarachas |  |
| Cumbias    |  |
| Right Turn |  |
| Left Turn  |  |
| Cross Taps |  |
| Mambo      |  |

Holds

|               |  |
|---------------|--|
| Open          |  |
| Closed        |  |
| Closed → Open |  |
| Open → Closed |  |

Alardes

|                |  |
|----------------|--|
| From Handshake |  |
| For Follower   |  |
| For Leader     |  |

Partnerwork

Footwork

Prep

Lead

Close

|                 |  |
|-----------------|--|
| Right Turn      |  |
| Tailbone Turn   |  |
| Left Turn       |  |
| Cross Body Lead |  |
| New York Walk   |  |

## Technique

- Toes should always be pointed in/out.
- Step size should be large/small, no wider than your shoulder width/arm span.
- Place weight towards the in/out side on the heels/balls/flat/toes of your feet.
- Heels should come down quickly/slowly & build tension in a(n) upward/downward direction.
- Always shift 0% / 50% / 100% of your weight into every step.
- Always/Never/Sometimes settle your weight equally on both feet at the same time.
- As one heel goes down, the other comes up/down.
- As your heel goes up your knee bends/straightens, & as your heel goes down your knee bends/straightens. Keep those knees pointed straight forward/out to the side.
- Hold your breath/core by squeezing right above/below your belly button.
- Shoulders forward/back & up/down until you feel tension between your shoulder blades & elbows want to pop in/out. Do/Don't let them.
- When not holding hands, keep your arms up/down & tense/relaxed like you're marching/jogging.
- For a masculin look, keep your hands in tight/loose fists/open hands with bent/flat wrists.
- For a feminin look, keep your fingers bent/flexed & bent/flat wrists.
- When with a partner, never/always grip the hands. Follower's arms should be dead weight/tense.
- Keep your chin up/down & your head should bounce/stay level.
- And most importantly, don't forget to \_\_\_\_\_!

## Tips For Practicing Your Basic

Practice slowly so you can focus on the technical details & don't build bad habits. Gradually speed up the tempo, but if you see your technique starting to get sloppy, slow it back down.

| <u>Stop between each step to check:</u> | <u>As you are making each step focus on:</u>     |
|---|--|
| 1. Weight placement                     | → Step size                                      |
| 2. Toe direction                        | → Toe direction                                  |
| 3. Knee direction                       | → Heel action/compression                        |
| 4. Core                                 | → Watch your head in a mirror for bounce.        |
| 5. Posture                              | (It's also a great time to practice that smile!) |

You can also practice your technique while walking around the house!

Whenever you go out dancing, always choose a technique to try to focus on for the night.

## Finding the 1

Always actively try to find the counts & practice clapping/moving on the 1. Listen for:

1. The song's pulse & what's being accented
2. Tumbao Rhythms & the beginning of the musical sentence
3. Phase Shifts