



Salsa CRASH Course for Beginners

With FUN Cuban-style Salsa

4 weeks every Wednesdays in February 2013

By Chris & Jessica from Salsa Gente (Salsa People)

Teaching and Performing Cuban-style Salsa since 2001

www.SalsaGente.com, 831-295-6107

“If you can walk, you can dance Salsa”

Quick Tips:

- SMILE and RELAX!
- Small steps
- Keep hands up at waist level
- Men=leaders, Women=followers
- Leaders start with left foot, Followers start with right foot
- Typically, leader's arm goes up on count of 3
- Most moves, followers start moving on count of 5

Basic Count:

“Quick, quick, slow”

8 counts (pause on 4 and 8). Alternating feet– just like walking.

We start from the center, our base. From there, we can move forward, backward, sideways or alternate directions. Important: these are rock-steps (you need to shift weight every time).

Some basic step types:

Holding pattern: Basic Salsa (linear Salsa):

Leaders step forward with left foot, back with right foot

Followers step back with right foot, step forward with left foot

Recommend songs for Beginners:

Joe Arroyo: Yamulmeao

Joe Arroyo: Mary

Raul Paz: Mua mua mua

Sonora Carruseles: El pito

Manolito Simonet: Elegante

Cubanito: Matame

Cuco Valoy: Murio el sonero

Moves

Given time and progress we may change the order and may not be able to go through all of these moves

Exhibela (“show her off”) aka **Outside turn**

Dancers don't change positions

Leaders lead with left hand. Followers step-walk or pivot to the right and return to the same position.

Turns:

hook-turn, pivot-turns

Different directions of turning

Enchufla (“connect”)

Dancers change position

Leaders lead with left hand

Cross-body lead (CBL)

Leaders lead follower from right to left

With same partner or changing partners

Botala (“get rid of her”)

Above moves (outside turn+enchufla+ CBL)are combined into one longer move

Enchufla doble

Same as Enchufla but done twice (leaders push followers back first time)

Setenta part 1

Same as exhibela (above) but this time the hands stay connected: his right hand with her left. This results in a “broken arm” figure for the follower.

Setenta simple (“70”)

Combination of setenta part 1 and enchufla (moves from above)

Leaders lead with both hands

El sueter (“the sweater”)

Enchufla doble holding both hands

Adios largo (“Long goodbye”)

Stay with partner. Side to side and rotate around.

Vacilala

Leaders lead follower with right hand in a travelling turn from his left to his right.

Explore nice endings: for example “siete” (“seven”)

Leaders lead with left hand.

Followers turn right, wrap-up into leader left arm. Also cool way to end the dance.

Curriculum may change depending on time and progress.

Some background information

History of Salsa music

The roots of salsa originated in Eastern Cuba (Santiago de Cuba, Guantanamo) from the Cuban Son (about 1920) and Afro-Cuban dance (like Afro-Cuban rumba). There, Spanish and Afro-Cuban musical elements were combined, both in terms of rhythm and the instruments used.

Popular across Latin America and North America, salsa incorporates multiple styles and variations. Most specifically, however, salsa refers to a brand developed in the 1950s and 1960's by Cuban and Puerto Rican immigrants mainly in the New York City area who were influenced by American Jazz. The 70s became the real "heyday" of Salsa.

There are different types of Salsa music. The two main ones in the US are New York Salsa and Cuban Salsa.

These days New York salsa has a distinctly Puerto Rican sound, smooth, polished, classic salsa. It tends to follow the jazz structure, incorporating lengthy instrumental breaks to showcase the ability of particular musicians.

The contemporary salsa sound coming out of Cuba is called timba. It's a fast tempo salsa with a strong Afro-Cuban influence. Songs will often follow a traditional rumba structure. Timba is a Cuban genre of music, sometimes referred as salsa cubana ('Cuban salsa music'). However, the historical development of timba has been quite independent of the development of salsa in the United States and Puerto Rico.

Salsa keeps evolving throughout the world with different styles in music and dance, such as Colombian Salsa music and dance.

About Salsa dance

With the music came the dance.

Salsa is a Latin dance form with origins from Cuban Son (circa 1920s) and Afro-Cuban dance (specifically Afro-Cuban rumba). It is generally associated with the salsa music style, although it may be danced under other types of Latin music (such as cumbia and Reggaeton).

In some styles of salsa, such as LA and New York style, the dancers remain in a slot or line (switching places), while in some Latin American styles, such as Cuban style, the dancers circle around each other. This circular style is especially true for Rueda dancing. Rueda, or "wheel" dancing, is a group dance form. All dancers perform the same moves, in a quick series of calls, with frequent partner changes.

After the Crash Course....
Next opportunity

FUN Salsa Rueda series for Beginners

4 Wednesdays 7 to 8pm
Starts March 2013

[Register now with city of Santa Cruz](#)

Age: 16+
Limited space available!



Move up!

You are ready for it!

Every Wednesday 8pm to 9:15pm
COOL moves to HOT Tunes!

Two circles at the same time
Bridge to Beginner 2 Class
Beginner 2 /Intermediate Class