



Salsa Level 1 Syllabus

- Open & Closed Hold
- Basic
- Cucarachas
- Cumbias
- Right Turns
- Left Turns
- O-Preps
- Alardes
- Cross Body Lead
- NY Walk
- Shines
- Mambo
- Cross Taps
- Scoot Step

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 foot goes down, the other comes up/down.
- Leader's are always left/right foot on 1, & followers are always left/right foot on 1.
- Hold your breath/core by squeezing right above/below your belly button.
- Pull your shoulders forward/back & up/down until you feel tension between your shoulder blades.
- If you have good posture, your elbows should 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 masculine look, keep your hands in tight/loose fists/open hands with bent/flat wrists.
- For a feminine look, keep your fingers bent/flexed & bent/flat wrists.
- When with a partner, never/always grip the hands.
- Keep your chin up/down & your head should bounce/stay level.
- And most importantly, don't forget to _____! :)

Finding the 1

- Listen for the song's pulse & what's being accented
- Tumbao Rhythms & the beginning of the musical sentence
- Phase Shifts

Holds

Week 1	Open	Leader's palms facing <u>up/down</u> . Follower's arms <u>relaxed dead-weight/held up & lightly touching</u> . <u>Do/Don't</u> use thumbs or squeeze. To transition from Closed to Open Hold:
Week 1	Closed	Leader's <u>right/left</u> hand goes on what part of the follower's back? Follower's arms <u>relaxed dead-weight/held up & lightly touching</u> . To Transition from Open to Closed Hold:

Shine Steps

Week 1	Basic	1: 5. 2: 6. 3: 7. 4: 8.
Week 1	Cucarachas	
Week 1	Cumbias	
Week 2	Right Turn	Footwork: Where should your weight be before you start your spin? What's Spotting? What can you do to help you maintain balance during your spin?
Week 3	Left Turn	
Week 4	Mambo	
Week 5	Cross Taps	Always counterbalance by twisting our <u>head/ribcage</u> in the <u>same/opposite</u> direction as our feet.
Week 6	Scoot Step	

Move List

Week 1	Basic	<p>From Closed: <u>Leader's confidently lean into your steps/cautiously keep your weight back.</u></p> <p>From Open Hold: Hands are <u>up & tense/down & relaxed/making circles in the air.</u></p>
Week 2	Right Turn	<p>Footwork:</p> <p>Prep: On what count? Hands swing which way? By the end of the prep the hand is <u>above/level with/bellow</u> with the follow's head, & slightly closer to the <u>leader/follower</u>. At this point, follows <u>keep arms relaxed/provide some tension</u>.</p> <p>Lead: On what count? <u>Do/Don't</u> crank the hand all the way around. Follows should keep their arms <u>up high/down at a right angle</u> & in <u>front/behind</u> themselves.</p> <p>Close: The hand comes down to the <u>inside/outside</u>.</p>
Week 2	Leader's "Tailbone" Right Turn	<p>Footwork:</p> <p>Start with leader's <u>right/left</u> hand. Leaders keep arm <u>down/waist level</u>. Leader's hand stays <u>over/under</u> & <u>do/don't</u> use thumbs.</p>
Week 2	Right Turn from Tailbone	<p>During tailbone turn, Leaders extend <u>right/left</u> hand to their <u>9 o'clock/12 o'clock</u> by the count of 3.</p>
Weeks 2 & 3	Alarde	<p>From Handshake:</p> <p>From Open Hold for the Follower:</p> <p>From Open Hold for the Leader:</p>
Week 3	Left Turn	<p>Footwork:</p> <p>Prep: On what count? Prep to leader's <u>right/left</u> like a... Leader's palm should be facing <u>forward/up/sideways</u>. Follower's face <u>forward/the leader's hand</u>.</p> <p>Lead: On what count? Which direction?</p> <p>Close: <u>Do/don't</u> pull your follower back around.</p>
Week 3	Left Turn To Right Turn	<p>When coming from a left turn to a right turn, we have to use a different prep called an...</p> <p>Leaders make a <u>giant/little</u>, <u>clockwise/counter-clockwise</u>, <u>circle/square</u>.</p> <p>On what count?</p>

Move List Continued

Weeks 4 & 5	Cross Body Lead	<p>Footwork:</p> <p>Prep:</p> <p>Lead from closed hold:</p> <p>Lead from open hold: Leaders need follower's <u>right/left</u> hand. Pull the hand <u>forward/down</u> & <u>towards/away</u> from you on what count?</p> <p>If in a Left to Left Handshake hold:</p> <p>If Leader's Right Hand to Follower's Left Hand:</p> <p>Close:</p>
Week 4	New York Walk	<p>Footwork:</p> <p>Prep:</p> <p>Lead: The hand stays to the follower's <u>right/left</u> for <u>none/some/all</u> of this move. Pull the hand <u>forward/down/in</u>. Lift the hand on what count? <u>Do/Don't</u> keep tension once you lift the hand.</p> <p>Close:</p>
Week 6	Cumbia	<p>Prep by switching the hand how?</p> <p>Lead how & on what count?</p> <p>Exit how & on what count?</p> <p>How to transition back to our normal open hold?</p>

The Slot

- The slot is the space we dance in & it's shaped like a circle/rectangle.
- The slot generally does/doesn't move & we are always switching/finding new places in the slot.
- Followers/Leaders own the slot & it's their job to always maintain it by pretending they're dancing on a _____. The Followers/Leaders job to get out of their partner's way.

Favorite Combos