



United Salsa Syllabus



BEGINNER I

Hands above waist (stopping point- abdominal area)
Ladies (can go above abdominal area, ONLY when doing shines)
Relaxed wrist
Knees slightly bend or relaxed knees
Shoulders back and down
Head up (Joke: Looking at the floor is a disease, Floor syndrome)

Steps

Basic
Side step
Back to back
Cumbia or rock step

Warm Up & Review

Right turn
Left turn
Crossbody lead (footwork) M/F

Basic Partnering

Warm up & Review

Note: Emphasize connection and resistance
 Connection: hands cup
 Resistance: shoulders locked (frame), elbows (rubber band) Hands.. ???
Crossbody Lead – slot dancing

Frisbee leads – Under-hand turns

Left and right turn (men) - lead
Left and right turn (women) – follow

Review Quiz (end of the month)

BEGINNERS II

Partnering Level II (next month)

Warm up (Footwork)

Review Basic Partnering

Leading turns (Lft & Rgt Over head)

Ladies: slot turning

“L”

Maintaining cup hands

Men: Hands cup??

Lift hand on 123 for ladies rtg & lft (for a single turn)

2” or 3” above ladies’ head

DO NOT duck under arms (turns)

Left turn (lift hand on 567)

Crossbody lead with a turn (Class #2)

Warm Up (footwork)

Ladies: 1½ left turns (crossbody lead with a turn)

Couple: By themselves

Frisbee

Over-head

Men: Emphasize the “J” on 6,7

Combo - turns

1,2 and 1,2,3 (Lft to Rtg)

“Pizza” hand (men)

“Window” right turn (men)

Combo - turns (Class #3)

1,2 and 1,2,3 (Lft to Lft w/ peinate-over the man’s head)

Note: Emphasize hands placement

“6” over- head turn (ladies)

“L” turn (ladies)

Hand connections (palm to palm)

Arm resistance (wrist can’t break, but do keep your “L”)

“Smiley face” turn (men)

Combo - turns (end of the month)

Review and Quiz