

# Cuban Salsa Syllabus for dance Cuban

One of the biggest questions we get asked is when should I progress to the next class up.

We have drawn this syllabus up to give new people an idea of what is expected of them as well as something they can use as a progress chart

Also to help overcome that problem of people moving up the the next class when they are not ready. This normally results in them being overwhelmed with move complex moves when the basics are still not intact.

## The first week

Every week we go through the basic footwork. If you have been coming for a while use this time to make the basic footwork smooth and connected with the correct body movement also work on transferring your weight with each step.

## Notes

This is what we teach and believe in at Dance Cuban. Every other club or individual will have their own methods, so it will be up to you to take in all the information and use what you feel is the correct path or mix of paths. Just remember the easy path is not always the correct one.

Also it's no good going to a class even with one of the best dancers in the world if you then don't take notes and practice, practice, practice. Otherwise the time and money you have just spent on the 10 week course in London will be a waste on money.

We Believe that Body movement should be taught along side basic foot movements and that whatever the Style of Salsa being taught it should be true to it's own roots, in this case Cuban.

Dance to the rhythm of the music, quick quick Slow, quick quick Slow.

Always remember this is a hobby so enjoy the classes and the company of others in the class.

Listen to the music and you will grow to love the Cuban Sounds. Dance to the tracks you love but always be open to new music as most tracks take time to make their impression.

Dance to all speeds of music. Often it's more difficult to dance to slower tracks as they make mistakes and any lack of body movement a lot more obvious than a high speed track. So do it !

Vary the size of the footwork.

**PLEASE PLEASE** At all time dance within the space you have available on the dance floor. If space is restricted, dance compact. It's considered very rude to do otherwise. Accidents do happen so when they do don't just keep dancing check that the person involved is OK.

[www.dancecuban.net](http://www.dancecuban.net)

## Beginners

Basic Step 'Son' # forward and back

Back Cuban basic

Close hold

Close hold moving

Ladies turn clockwise ( turn on 5,6,7 )

Arriba # ( Close hold man moving forward )

Abajo # ( Close hold man moving back )

Dile Que No # ( Moving lady from close hold to your left side, finish side by side )

Casino # ( Lady on left, mirrored step, with guy back stepping on the 1, Pushing off partner on the 5,6 ish with out side hands )

## Beginners +

Arm movement

Hip movement

Pimienta turn # ( Ladies clockwise turn, lead with guys right hand )

Enchufia, encuhufa Doble # ( Anit clockwise turn. lead with guys left )

Sombero # ( lead right to right on top, left to left, with clockwise turn, finish with arms naturally over backs of necks )

Paseala # ( girl is lead around the guy anti clockwise passing her hand to hand )

Sacala #

## Beginners ++

Basic Rueda

Dame, Dame Dos ( Moving to the next partner on guys right on the 5, 6, 7 for Dile Que No on the 1 )

All of the moves marked # above

Fly ( Clap on the 1 )

Balsero #

Chocolata #

**Next Class Improvers - got it all sorted then move on up**