

WELCOME TO SALSA

We want to make your first experience of dancing Salsa as enjoyable as possible, so we run a class especially for you – the Absolute Beginners' Class – in which we introduce you to Salsa.

If you have not been to a dance class before, you may be feeling a little nervous or unsure what to expect – don't worry! The emphasis will always be on enjoying the dancing, helping each other and learning at your own pace. You are not expected to do everything perfectly. The more you relax and allow yourself to make mistakes, the easier you will learn and the more fun you will have. Don't try too hard!J

Although you may feel at times like you have two left feet or you can't quite work out which is your left or right, hang on in there and it WILL come together! Feel good about what you have achieved (however little it may feel to you) rather than on the things you can't do yet. Don't expect to learn everything in each class – to learn most effectively focus on a few things and leave the rest for another time. It's not a race, take things at your own pace.

Dancing is a skill, which can be learnt, like riding a bicycle or swimming. It takes practise at first but once you've learnt it, it seems easy and you never forget it.

Salsa is gaining popularity throughout the world. We are pleased to introduce you to this new culture. To find out about our band nights, workshops etc. give us your email address to receive our newsletter. Also see www.redhatsalsa.com

We are sure that you will soon be addicted Salseros and Salseras!

We wish you much fun dancing, **Sharon & Ed**

Next Information Sheet: 'After your 1st Class' (No. 2 of 4)