

## ABSOLUTE BEGINNERS' SALSA CLASS

Stay in the Absolute Beginners class as long as you need to, to feel OK with the Basic Steps. Allow yourself as much time as you need - everyone is different. This is especially important for guys, as they will have to learn to lead in the Beginners class - so they need to be confident with the basics.

At our classes on Mondays and Sundays (see leaflet or web [www.redhatsalsa](http://www.redhatsalsa)) we also run a follow-up class for Absolute Beginners (called Pre-beginners) which allows you to consolidate the Basic Steps (and maybe try out a simple move as well) before moving on to the Beginners Class. When you get to the Beginners Class you will be focusing more on the turns, moves, leading or following - so you need to be very comfortable with the basic steps (but not the moves) before you move up to the Beginners Class - the Basic Steps are the key.

PRACTISE: LITTLE & OFTEN - Just a minute or two a few times a day is enough

It is how you practise that matters, not how long! MAKE A DECISION to do something (even a little is enough) at least once a day. It is important to stop practising as soon as you start to feel bored or frustrated, so you don't practise bad habits. Do it only when you are relaxed, interested and enjoying it. Practice the steps slowly, so you have time to watch how you are doing them. The main aim when practising is to become more relaxed and more aware of how you can improve (see tips below). Keep it SIMPLE and practise things that you can remember well from the class.

THE STEPS (from the man's perspective. - women substitute 'right foot' for 'left foot' etc - sorry!)

TIPS - Take SMALL steps and don't move the body - avoid keeping the rhythm by bouncing the knees (initially this feels like you are walking rather than dancing). Don't look at your feet! Step confidently on beats 1 & 5 so you transfer your weight onto the foot you step with (this is simply what happens when walking!). This then allows the other foot to rise on beats 2 & 6. I imagine that you are trying to crush a grape under your foot as you step on beats 1 & 5 - or that you are on a beach and want to make an imprint of your foot in the sand.

### One: 'Side To Side Step'

- 1) Step to side with left foot
- 2) Right foot follows
- 3) Step to side again with left foot (right)
- 4) Pause!
- 5) Step to side with right foot
- 6) Left foot follows
- 7) Step to side again with right foot (left)
- 8) Pause!

### Two: 'Back Basic Step'

- 1) Step back with left foot
- 2) Allow right foot to raise & replace on spot
- 3) Bring left foot forwards (in line with right)
- 4) Pause!
- 5) Step back with right foot
- 6) Allow left foot to raise & replace on spot
- 7) Bring right foot forwards (in line with left)
- 8) Pause!

### Three: 'Forward and Back'

### Four: 'Side Rock Step'

Next Information Sheet: 'Beginners Salsa Class' (No 4 of 4)

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- 1) Step forward with left foot
- 2) Allow right foot to raise & replace on spot
- 3) Bring left foot back in line with right
- 4) Pause!
- 5) Step back with right foot
- 6) Allow left foot to raise & replace on spot
- 7) Bring right foot forward in line with left
- 8) Pause!

- 1) Step to side with left foot
- 2) Allow right foot to raise & replace on
- 3) Return left foot next to right foot
- 4) Pause!
- 5) Step to side with right foot
- 6) Allow left foot to raise & replace on
- 7) Return right foot next to left foot
- 8) Pause!