

AFTER YOUR 1st CLASS

CONGRATULATIONS ON COMPLETING YOUR 1ST SALSA CLASS
TAKING THE 1ST STEP TO LEARN SOMETHING NEW CAN BE HARD TO DO - WELL DONE!

We hope you found it enjoyable and rewarding. Please talk to us if you have ANY questions, problems, feedback etc. We are always keen to help. Talk to us after a class; ring (ANY day ANY time!)

0118 9668292 or email to sharon@redhatsalsa.com.

- * Visit www.redhatsalsa.com for details of our regular classes on other nights of the week in other venues. Coming more frequently can boost your progress. To find out about workshops, band nights etc see the 'What's new' page.
- * Take things on board at your own pace. Don't expect to learn everything in each class - focusing on a few new things is a much more effective way to learn. Those who end up dancing the best are usually the people who spend longest in the Absolute Beginners' and Beginners' classes.
- * Some perseverance is generally needed to keep going in the early stages. Focus on what you can do, rather than worrying about the things that you can't do yet. Enjoy the feeling when something finally falls into place - WOW! Talk to other beginners and find out that most people feel the same as you. Your next class will probably feel much easier - now that you know more what to expect. It usually gets easier each time you come.
- * Practising between classes will help you remember the steps and feel comfortable doing them. Just a few minutes practise, especially if done frequently, can give enormous benefits at this stage. Information Sheet No. 3 "Absolute Beginners' Class" gives tips on practising at home.
- * After the class there is time to listen to the music as well as practise the dancing. We have a dance practice session for all levels after the classes on each of our venues. Do stay on for this as you can help each other so much if you dance and talk to other beginners as well as more advanced dancers. You can also learn a lot just by watching.
- * If you feel shy asking people to dance, remember that the other Beginners are in the same boat. Even the most advanced dancers were Beginners once. If you do ask people to dance, you will probably be surprised by how helpful and friendly they are! Even very experienced dancers enjoy dancing with beginners (your freshness to the dance stops it becoming routine and mundane for them)

Women - ask the guys to dance - this is standard practise in Salsa circles.

* All you need to learn is 1 or 2 BASIC STEPS to enjoy dancing - and look good! You may feel that you have a great deal to learn before you can dance Salsa, but this is not so. Indeed, many people in Latin countries dance just a few of the steps - allowing for a more relaxed and intimate style with greater rapport with the music and your partner.

* Listening to Salsa music as much as possible will help you learn to dance to it. We sell Salsa CD's, which we can recommend, and also instructional DVD's and videos.

Next Information Sheet: "ABSOLUTE BEGINNERS' CLASS" (No. 3 of 4)

Information Sheet: 2 of 4

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THE MORE WE RELAX & ENJOY OURSELVES - THE EASIER WE LEARN!

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