

ABSOLUTE BEGINNERS' SALSA CLASS

We have TWO INTRODUCTORY CLASSES to teach you the 4 BASIC STEPS:

1st ABSOLUTE BEGINNERS

- here you will learn the footwork for the basic steps. You can move to the next level (Beginners-1) as soon as you feel comfortable dancing the 4 basic steps shown below.

2nd BEGINNERS-1

- here you will practise the basic steps again - looking also at HOW you are dancing them. It is here you will start to develop a smooth relaxed style. In addition you will learn more about leading (men) and following (women). You will also be shown some very basic moves.

THE 4 BASIC STEPS

(man's perspective - women substitute 'right foot' for 'left foot' etc - sorry!)

One: 'Side To Side Step'

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

Three: 'Forward and Back

- 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!

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!

Four: 'Side Rock Step'

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

TIPS

Take small steps and don't move the body - don't look at your feet, don't feel the rhythms by bouncing the knees: this means that initially you will feel like you are walking rather than dancing. 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 the whole of your foot in the sand.

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

PRACTISE: LITTLE & OFTEN eg a minute or two a few times a day

It is how you practise that matters, not how long! MAKE A DECISION to practice (even a little is enough) at least once a day. 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. Keep it SIMPLE and practise things that you can remember well from the class.