

BEGINNER SALSA

INTERMEDIATE SALSA

ADVANCE SALSA

LEVEL 1: Steps 1-3

- 1) Basic
- 2) Right Turn
- 3) Left Turn

- A) What is Home Position
- B) Basic on the Ball of the Feet (feet Together)
- C) Finger Connection on Open Position
- D) High 5 Turn Technique

LEVEL 2: Steps 4-7

- 4) Cross Body Lead
- 5) Side Pass (AKA Reverse Cross Body Lead)
- 6) Cross Body Lead W/ Walk Through (AKA Under The Bridge)
- 7) Cross Body Lead W/ Left Turn (Inside Turn)

- E) 90 Degree Angle Frame on connections and turns
- F) Basic Step with Feet Slightly Apart
- G) Timing Recognition where the 1 beat is (Slow Music)
- H) Weight Transfer on Basic (15% Transfer) W/ heel Up on Back Break
- I) Firm resistance awareness

LEVEL 3: Steps 8-10

- 8) Cross Body Lead W/ Right Turn (Outside Turn)
- 9) Open Break W/ Ladies Right Turn
- 10) Cumbia Step

- J) Basic Arm Movement (Side To Side)
- K) Proper Timing on 1 Slow Music 100% of Time
- L) Proper Close Position & Open Position Frame
- M) Knowledge of Progressive Basic
- N) Dancing with firm resistance 100% of the time

■ MEN ONLY MUST KNOW BEGINNER COMBO # 1 & 2 (NO BASICS IN BETWEEN)

COMBO #1

- 1) Ladies Turn (Choose Steps 2-3)
 - 2) Left Side Move (Choose Steps 4, 6-8)
- REPEAT ONCE**

COMBO #2

- A) Men's Right or Left Turn
- B) Left Side Move (Choose Steps 4, 6-8)
- C) Left Side Move (Choose Steps 4, 6-8)
- D) Right Side Move (Cumbia Step, Side Pass or Open Break w/ Ladies Right Turn) REPEAT

LEVEL 4: Steps 11-13

- 11) Butterfly & Cradle
- 12) Open Break inside Turn
- 13) Open Break Outside Turn

- A) Proper Knee Action
- B) Progressive Basic Implementation/Inner Tights Closed
- C) What is Hair Comb/ Loop
- D) Maintain Timing to Medium Tempo 50 % Time
- E) Flexible resistance awareness
- F) Slot Dancing: keeping the line
- G) Understanding how to use the torso on Turns (how to create momentum)

LEVEL 5: Steps 14-16

- 14) Around the World
- 15) Spot Turn
- 16) Cumbia Into Men's Hook Turn
- 17) Basic In Place (Shadow and Cradle)

- H) Circular Arm Action
- I) Understanding Accents
- J) Maintain Timing Medium Tempo 100 % time
- K) Dancing with flexible resistance 100% of the time
- L) Loop and Hair Comb Implementation on Dancing
- M) Closed Inner Thighs Traveling Turns (Ladies)
- N) Using Torso On Turns Always (Ladies)

LEVEL 6: Steps 18-20

- 18) Copa Step
- 19) Switch Position
- 20) Double Turns

- O) Timing Fast Tempo 50% Of Time
- P) Dancing Using Knee Hip, Arm Movement Connection
- Q) Full Implementation of Accents in Dancing
- R) Hand Recognition
- **MEN MUST KNOW COMBINATION**

- A) Men's Turn (Step 2-3_
 - B) Left Side Step (Choose Steps 4, 6-8, 11 or 19)
 - C) Left Side Step (Choose Different Steps 4-7, 11 or 19)
 - D) Right Side Step (Choose Steps 12-18)
 - E) Ladies Turn (Step 2-3 or 20)
 - F) Shines (Must do at least 3 and reconnect)
- REPEAT ONCE (WITH DIFFERENT STEPS)**

LEVEL 6 INTERMEDIATE

SHINES:

- Right & Left Turn
- Crossover
- Cumbia Step
- Hook Turn
- Side Basic
- Suzie Q
- Point and Crossover

LEVEL 7: Steps 21-24

- 21) CBL w/ Men's Right Turn
- 22) Side to Side CBL
- 23) Around the World w/ Side Pass
- 24) Cross Over Into men's Right Turn

- A) Basic Push Technique
- B) Lead/Follow From the Body (body distance)
- C) Ladies Styling Technique on Turns: Hair Comb
- D) Feet Together on Traveling Turns (ladies close)
- E) Dance to fast tempo 50% time

LEVEL 8: Steps 25-28

- 25) Hammerlock Turns (Double & CBL)
- 26) Windmill Turns (Double & CBL)
- 27) Butterfly w/ Men's Right Turn
- 28) CBL Inside Turn on Second Beat

- F) Body Movement on Basic (Torso Engagement)
- G) Core Engagement
- H) Understanding Accents Awareness
- I) Maintain Timing Fast Tempo 100 % time
- J) Follow Steps Eyes Closed (ladies)
- K) Ladies Styling Technique on Turns: Reverse Hair Comb
- L) Introduction Spotting (Ladies)

LEVEL 9: Steps 29-32

- 29) 360
- 30) Switch Position 360
- 31) CBL/Copa Step w/ Double Turns
- 32) Triple Spins

- M) Spin Preparation (Ladies)
- N) Spotting Always
- O) Body Movement on Basic (Shoulders)
- P) Leading Moves with Eyes Closed (men)
- Q) Ladies Toe Engagement
- R) Ladies Styling Technique on Turns: Tracing
- **MEN MUST KNOW COMBINATION # 3**

- 1) Basic
 - 2) Cross Body Lead
 - 3) Right Side Pass (Choose Steps 5,9-10, 12-18, 23, 27)
 - 4) Left Side Step (Choose Steps 4, 6, 7-8, 11, 19, 21-26, 28-30)
 - 5) Men's Turn and or Ladies Turn (Step 2-3 , 20, 31)
- REPEAT THEN ADD SHINES**

F) Shines (Must do all 6 Eight Shines alternating with Intermediate

Shines: One Intermediate Shines, One Advance, One Intermediate, One Advance, and so on, 12 counts total, Then Repeat) **REPEAT 2 TIMES W/ DIFFERENT STEPS**

LEVEL 9 ADVANCE SHINES:

- 4 Points
- Double Cross Sequence
- Grape Vine
- Syncopated Suzie
- Walk and Point
- Pachanga