



Salsa is a Latin street dance full of hip swings, turns and fast spins. The speed and large variety of moves is making Salsa the hottest Latin style.

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Salsa has become very popular recently, as it can be danced to lively paced music and has a lot of clever moves (not difficult but look very effective!). Though it is similar in style to Rumba (but faster) and Mambo, it is more relaxed so that its hip sways are more subtle and the steps are taken on slightly bent knees.

Though it is a partner dance, the steps are mostly done jointly, but with breaks where the man and lady separate to do their own moves (called Shines) before coming together again.

Salsa uses 4/4 timing at upwards of 180 beats per minute, with pauses on the 4 and 8 beat.

Hint: An easy way to remember the pauses is to count 1-2-3 5-6-7, etc.

Beginner Routine

Basic Step:

Begins with weight on right foot:

- (1) Left foot forward;
- (2) Replace weight (back) on Right foot;
- (3) Left foot to side;
- (4) Pause (optionally can tap Right foot on the spot, or can bend Right knee)
- (5) Right foot backward;
- (6) Replace weight (forward) on Left foot;
- (7) Right foot to side;
- (8) Pause (optionally can tap Left foot on the spot, or can bend Left knee);



New Yorker:

- (1) Left foot crosses in front of Right foot, pointing (not straightening) to the right (face right);
- (2) Replace weight (left) on Right foot (face right);
- (3) Left foot to side (face front);
- (4) Pause (optionally can tap Right foot on the spot, or can bend Right knee)
- (5) Right foot crosses in front of Left foot, pointing (not straightening) to the left (face left);
- (6) Replace weight (right) on Left foot (face left);
- (7) Right foot to side (face front);
- (8) Pause (optionally can tap Left foot on the spot, or can bend Left knee);

Spot Turns to Right then Left:

- (1) Left foot crosses in front of Right foot, pointing (not straightening) to the right (face right);
- (2) Twist clockwise on balls of both feet (face left);
- (3) Left foot crosses in front of Right foot, straightening to the left (face front);
- (4) Pause (optionally can tap Right foot on the spot, or can bend Right knee);
- (5) Right foot crosses in front of Left foot, pointing (not straightening) to the left (face left);
- (6) Twist anti-clockwise on balls of both feet (face right);
- (7) Right foot crosses in front of Left foot, straightening to the right (face front);
- (8) Pause (optionally can tap Left foot on the spot, or can bend Left knee);

Some Intermediate Steps

There is a huge variety of moves in Salsa, including adaptation of moves from other dances. The best way to get ideas for moves is to go to any local Latin night in clubs or to search the Internet or YouTube!

Below are some example steps:

- Cross-Body Lead
- Lady's Under Arm Turn
- You-Turn-I-Turn
- Comb-Overs