

Strictly SALSALSA

Syllabus for Beginners

In our Beginners Classes, we'll introduce you to some new footwork each week, before adding it to a warm up line-dance, along with footwork from previous weeks.

Following this, we move on to some partner work and look at a new move (or set of moves) each week as per our syllabus.

Beginner's Footwork Syllabus

Single Right Turn (front foot)
Single Right Hook Turn (back foot)
Two Turns
Suzi Q with slow Cord Step (Slow Walk)
Suzi-Q with fast Cord Step (Fast Walk)
Suzi-Q exit with Macho
Downtown
Left Half Turn
Left Full Turn
Skating
Crossing In Front
Crossing Behind
Crossing With Slide
Slow Sailor

Beginner's Partner Work Syllabus

Single Follower's Turn
Single Leader's Turn
Cross Body Lead
Cross Body Lead (Casino)
Cross Body Lead (Titanic - w/turn out)
Cross Body Lead (Crucifix = w/turn out)
Round The World
Natural Top
Half Turn In
Half Turn In with Side-to-Side
Trading Places
Trading Places with Figure Eight

This syllabus rotates over a seven week period, but most new dancers find they need to cover it twice (or sometimes more) to be comfortable with it.

When you are familiar and comfortable with the Beginner's syllabus above, you qualify to move into our Improver's Class.