

# Strictly SALSALSA

## Syllabus for Improvers

Our Improver classes are organised to take you through from Improver level to an Intermediate level. We still start with a bit of footwork and move on to partner work after a warm up, but all of it will be considerably more complex than in our Beginners' classes, with the partner work in particular introducing and combining more complex moves into routines, commonly known as "turn patterns".

As an Improver level dancer, you should now be thinking about your posture when dancing, improving the flow and fluidity of your movement and being aware of how you are moving not just your feet, but your whole body. With this in mind, we introduce the concept of styling and shines which you'll need to master before moving on.

You should now start to understand at a practical level the difference between Cross-Body and Cuban styles, and be able to recognise moves and stay in style leading or following accordingly.

You should be dancing freestyle on a regular basis – the more you do, the faster you will improve. Ladies – don't be afraid to ask experienced guys for help practicing and guys – vice versa; ask the ladies.

Our Improver Syllabus will include the following, though this is subject to change as we see appropriate;

Footwork	Cucaracha with turns
Footwork	Single Spiral
Footwork	Double Spiral
Footwork	Cross Tap
Footwork	Grapevine
Footwork	Corners with turns
Footwork	Fast Sailor
Footwork	Cross Body
Footwork	Outside Cross Body
Footwork	Step-Tap
Footwork	Zig-Zag
Footwork	Double Cross (Emphasized SuziQ)
Footwork	Cuban Cross Step (Casino + Cross on 5)
Footwork	Suzi (Mel C) (Cross In/Out before each Suzi)
Footwork	Suzi (Lee H) (Cross In Out after each Suzi)
Footwork	Double spin (Right)
Footwork	Travelling Turns (clockwise and anti-clockwise)
Footwork	Suzi Q Plus

Footwork	Flair
Footwork	Copa
Footwork	Double Heel
Lead/Follow	Half-Turn-In + Shoulders + Pyramid,
Lead/Follow	Cuban Open
Lead/Follow	Cuban Open with hand swap & Trading places
Lead/Follow	Enchufe la (and enchufe la doble)
Lead/Follow	Dile Que No
Lead/Follow	Reverse Cross Body Lead
Lead/Follow	Outside Cross Body Lead
Lead/Follow	Basic Hip Leading/Following
Lead/Follow	Open Break / Tension
Lead/Follow	Spoon Break
Lead/Follow	Basic Shine Work
Lead/Follow	New York Trade Place (Slot instead of rotational)
Lead/Follow	CBL - Travelling Inside Turn
Lead/Follow	CBL - Travelling Outside Turn
Lead/Follow	Reverse Cross Body Lead with Inside & Outside travelling turns
Lead/Follow	Basic Dips
Lead/Follow	Leave hands where they are put! (Hemelocks/shoulders)
Lead/Follow	Slot - Half-Turn-In and step back for a flair
Lead/Follow	Positional awareness – Lines, Turns, partners.
Lead/Follow	Double Spin
Lead/Follow	Copa
Styling	Overhead (Combing)
Styling	Swapping hands
Styling	Body awareness

To complete our Improver Syllabus, dancers need to be familiar not only with the above concepts and moves but need to be comfortable and competent with it.

#### Additional Improver Syllabus Notes

### Guys –

- As leaders, to progress beyond Improver Level you must know and understand most if not all of the above moves and concepts, and be able to lead them competently in freestyle situations.
- You should be able to link moves into flowing, turn patterns with a smooth, clear, fluid lead.
- You should understand the straight-line principle of cross-body style dancing and be able to exercise control over your partner through your lead to encourage this.
- Leading is YOUR job. You should lead clearly but with consideration for the ability and level of your partner. You should be able to lead with fingertips, being assertive through clarity and timing, rather than force.
- You should understand and exercise the concept of leading on 4 and 8, particularly for breaks, double spins, travelling turns, etc.

- Maintain a personal contact/connection with your partner
- You should understand that as a leader it is your responsibility to make sure your partner enjoys the dance. Dance with the lady in mind, not yourself. Make her look good. Make her feel good. Make her feel like a lady.

## Girls –

- As a follower, to progress beyond Improver Level you must know and understand most if not all of the above moves and concepts and be able to follow these competently in freestyle situations.
- You must be able to complete double spins and travelling turns on the 7, allowing the next move to follow seamlessly.
- You should understand the principle of straight lines with regard to cross-body style salsa and be able to follow cross body and Cuban style leads accordingly.
- You should be able to follow a light, fingertip lead, without needing to be dragged or pushed around. It is YOUR job to cross/turn/spin/move under your own power, as long as the leader is giving you a clear lead.
- Make contact with your leader after each move, and maintain this personal contact throughout the dance.

## Everyone –

- Your footwork and timing should be comfortable for 95% of music at "full on club speed" (up to 200 beats per minute). You should be able to "Find the 1" even if you lose your feet mid-move.
- You should dance WITH your partner, and make a connection with them.
- When it all goes horribly wrong on the dance floor, smile or laugh – don't apologise. Believe it or not, salsa is supposed to be fun.

## Note

- Whilst the lessons are our forum for passing on knowledge, nothing can replace freestyle dancing as a way of improving and honing our dance skills.
- The more freestyle you do, the faster you will achieve Intermediate Level.
- It is unlikely that you will attain Intermediate Level without a generous helping of freestyle practice.

***Please note - In order to maintain our standard of teaching, we have a policy of assessing dancers with regard to the above syllabus, prior to their attending our Intermediate Classes.***