

# AFRO CUBAN BODY MOVEMENT in SALSA

spincity  
dance

8 week course  
Mondays 7-8pm  
Commencing 2<sup>nd</sup> May  
Book now!!

Today's Salsa dancing has its roots in Afro-Cuban rhythms, especially in the passionate and playful Rumba. This is often forgotten and replaced by a focus on turn pattern after turn pattern... but what do both the **greatest dancers** and the **dancers that have the most fun** have in common? They feel the music and express how they feel with their dancing. So if you want to introduce more suave body movement into you salsa, or you simply want a change from dancing robotic turn patterns, the choice is simple: Style it up with our Afro-Cuban Body Movement for Salsa course!

The focus of the course is to demonstrate the salsa interpretations of it's Afro-Cuban roots - so we will be teaching moves you can use when dancing salsa. Each week we will focus on introducing one new rhythm and its combinations. The compound movement will be broken down into its individual components and we will run through drills specifically for improving each of these components, as well as the full body movement. Lastly we will demonstrate and practice using each week's move in your salsa dancing. The result? You will be able to use these moves straight away. The rest is up to you. The more you use and drill them, the more Afro-Cuban style you will have in your muscle memory.

**Teacher: Christian**

**Week 1:**

Contra body movement fundamentals

**Week 2:**

Contra body movement & arm variations

**Week 3:**

Cuban side basic fundamentals

**Week 4:**

Cuban side basic variations & syncopation

**Week 5:**

Shimmy + Variations

**Week 6:**

The warrior + variations + Suzy Q

**Week 7:**

Pachanga

**Week 8:**

Rumba style throw/catch