

# Foundations of Salsa

Salsa dancing and Salsa music



ALF



Alfredo Canziani, Ritchie Ng  
@alfcnz, @RitchieNg

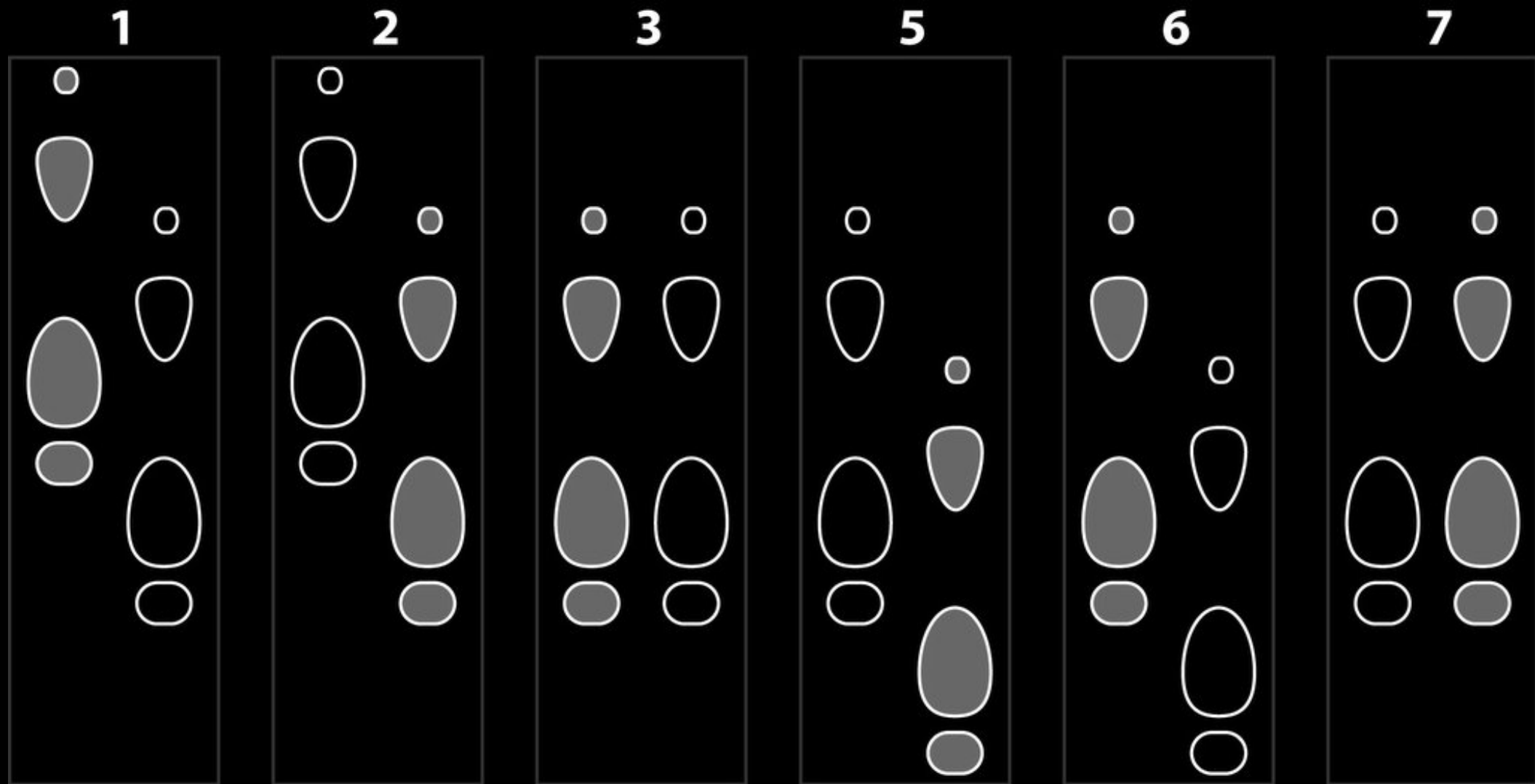
# Origins (salsa dancing)

- 1950s
- Mixture / “salsa” of:
  - Son Montuno, Cha-cha-cha, Mambo, Bolero
- Communities:
  - Cuban and Puerto Rican in NYC

# Main dancing components

- Feet used for stepping & keep tempo
- Arms of “lead” signal the “follower”
- Positions: “closed” or “open”

# Basic step



# Some salsa moves (I)

- Basic / Side Step
- Cumbia
- Crossover (stepping forward instead of back.)
- Forward / Back Steps
- Broken Left Turn (usually referred to as "the" left turn. The man breaks forward on 1 to execute his left turn and the woman does so on 5)
- Left Turn (the man steps on his left foot on 1 then forward to his right foot on 2 with a bit of a quarter turn, pivots to his left as he changes weight to his left foot, then repeats on 5, 6, 7. We don't do this move often so maybe it's not right to call it "essential." And I guess it's why we refer to the broken left turn as "the" left turn.)
- Right Turn

# Some salsa moves (II)

- Cross-Body Lead
- CBL with inside turn
- CBL with outside turn
- Cumbia turn (might have other names but it's basically a cumbia where the girl keeps turning until she completes 1 1/2 revolutions.)
- Walkthrough (might have other names but it's like a CBL except the girl turns to her right on 7 instead of to the left on 6)
- Basket (man open breaks, girl does a basic step while the man walks around her, usually clockwise, but sometimes counter-clockwise.)
- Back Spot Turn (Probably goes by a different name but it's an open break into closed position while the man essentially walks around the girl clockwise, the girl turning with him.)
- Basic Dip/Lunge
- Right / left spin

# Salsa music & timing

- Video 1 – [youtu.be/bilkeB5hELg](https://youtu.be/bilkeB5hELg)
- Video 2 – [youtu.be/OR48Cwh4ZS4](https://youtu.be/OR48Cwh4ZS4)