

Salsa Improvers - Level 1

Move No.	The Move	Description	Achieved (tick y if yes)
1	Salsa Basic	<p>Gentlemen step forward on left foot, steps on the spot with the right foot on the 2nd beat before returning to central position on 3rd beat with the left foot, with a pause on the 4th beat.</p> <p>Lady steps back on right foot, steps on the spot with left foot on the 2nd beat before returning to central position on the 3rd beat, pausing on the 4th.</p> <p>Next the Gents steps back on right foot for the 5th beat as the lady steps forward on left foot, before returning to central position on 7th beat. There is a pause on the 8th beat.</p>	
2	Side Step	<p>Gents steps sideways left on 1st beat, leading lady with right hand (just above her waist) to encourage her to go with you, returning to the central position on the 3rd beat and pausing on the 4th beat.</p> <p>Lady is hopefully led sideways stepping to her right on the 1st beat, before returning to central position on the 3rd beat and also pausing on the 4th beat.</p> <p>On the 5th beat the Man leads the lady sideways to his right (her left), returning to central position on the 7th beat with a pause on the 8th beat.</p>	
3	Open Step	<p>Same beat as the side step but the Gents open shoulder by 90 degrees along with left foot on the 1st beat, whilst holding Lady above the waist.</p> <p>On the 5th beat Gents should aim to locate the lady's right hand guiding her into an open to their right hand side (lady's left), before returning to central position on the 7th beat and pausing on the 8th beat.</p>	
4	Men's Left Turn (pizza turn)	<p>Gents step forward on left foot holding Lady's right above head height. On the 3rd beat they should perform a walking 180 degree turn (anticlockwise) and having dropped the right arm hold.</p> <p>On the 5th beat the Gents should place their right foot near left foot, on the 6th beat they should open the left foot and return to the central position.</p> <p>Lady's should be performing the basic Salsa backward for forward step during the 8 beats.</p>	
5	Ladies Right Turn	<p>Gents hold their left hand slightly above head height, then aim to guide the lady into a turn using their right arm which should be placed between lady's shoulder and waist.</p> <p>Lady's step back on right foot on the 1st beat but on 3rd beat should open right foot by 90 degrees; she then performs a 360 degree walking turn in the next 4 beats, before returning to the central position.</p>	

6	Men's Right Turn (pizza turn)	Similar to Men's left hand turn, but this time he steps into right hand (clockwise turn). Caution: Gents may wish to avoid hitting lady with the left elbow, which may happen on the 2 nd beat if they don't step out correctly.	
7	Right Hip turn for guys	Gents should keep left hand at waist level as they step forward on their left foot, then conduct a 180 degrees to their right turn on the 3 rd beat (moving clockwise). On the 3 rd beat Gents need to swap hands, holding the lady's right hand with their left, slightly pulling the lady towards him so that she knows to step forward on her 5 th beat. On the 5 th beat the Man should continue with his clockwise walking turn and return to central position. He should swap hands again to return to the Salsa Basic position.	
8	Cuatro	Gents performs left hand pizza turn in 3 beats, then lady performs right hand turn on 5,6,7	
9	Wrap & Unwrap	Gents step sideways/open on the left foot on 1 st beat as if uncoiling a spring, whilst holding the Lady's right hand high and her left hand low. Gents then need to lead lady into 180 degree walking turn ending in a Wrap, her momentum you have been created by the initial lead and she will end up nestled inside the Gents right shoulder area. The 4 th beat is a pause as normal. On the 5 th beat the Lady steps back on her left foot and springs back out and Unwraps into the Salsa basic central position.	
10	Cross Body	Gents steps forward on left but on the 3 rd beat they should open their left shoulder so that its 90 degrees to the Lady, with the guys holding their left hand high (Lady's right hand of course). On the 5 th beat the Men should lead the Lady into a 180 degree walking move across their body, using their right hand to lead the move. The lady needs to take a slightly long step forward step on the 5 th beat with their left foot and then use the 6 th beat to take another good size step with her right foot to conduct a 180 degree turning step. The lady will use the 7 th beat straighten up and face her partner at the end of the Cross Body move. The couple should end up at 180 degrees to their original position in Salsa basic hold.	

Once the Gentlemen are comfortable with leading these moves and Ladies are at ease with following them you are ready to move on to the Improvers Level 2 class from the Salsa Style team.