

Salsa Improvers - Level 2

Move No.	The Move	Description	Achieved (tick y if yes)
11	Grapevine	Half Salsa basic for the first 4 beats. Gents move side ways left (Lady's moving right) for next 4 beats, then hold for 4 beats at the end of the move.	
12	Wrap & Pull Through	Half Salsa Basic, into a Wrap. Gents then pulls lady through as they lift their right arm and walk forward on their right foot. The move should end up with guys left hand holding the Lady's left hand, over a right hand to right hand hold.	
13	Open Break, Back to Back	Gents step back on to their left foot on the 1 st beat with Lady stepping back on to her right foot for Open Break. The move should end up with the partners standing back to back, with the Gents holding the Lady's right hand with his left.	
14	Lady's B2B Spin Out	Gents use their right hand to spin the Lady anticlockwise, guiding her with her left hand.	
15	Around the world (360% Ladies Walk around Partner)	Forward Basic into an Open Break as the Man steps back on his left foot on 1 st beat with the Lady stepping back on her right foot. The Lady walks clockwise around Man's right hand side. Effectively the lady walks around guy clockwise in 8 beats.	
16	Back to Front (Guys back to lady's front)	Gents Right Turn in 8 beats with a switch of hands. At end of move the Men should be holding the Lady's right hand	
17	Reverse Open break	Gents pull the Lady through with a double hand hold and across to left (Gents should watch out and avoid hitting Lady with right elbow)	
18	Sombrero	First 4 beats are used to prepare for the Sombrero move, raising both arms high. The Man then leads the move using his right arm placed behind Lady's right shoulder.	
19	Back to Front (Guys back to Lady's front)	Move completed in 8 beats	

20	Right hand pull through	Lady performs 1.5 walking clockwise turns. The move ends with the Men holding the Lady's right hand with their right hands.	
21	Double Cuatro	Double left turn for Gents, followed by double right turn by the ladies. Move conducted in 16 beats overall.	
22	Block	Gents step forward on left foot and perform 180 degree left turn, ladies hold position.	
23	Pull through	Gents pull lady through to left hand side, with left hand on Lady's shoulder and she will now be on her left hand side.	
24	Unblock	Gents lead this stepping forward on left foot as Lady steps back on right foot and then pull her through gently with Sombrero styled movement. Lady performs 1.5 turns and returns to basic Salsa position.	
25	Right over left hold	Gents hold the Lady's left hand with their right hand just above waist height, with the other hands held just underneath.	
26	Rolling Arms	Reverse (clockwise) turn for the Lady, with Gents spinning the Lady's right arm on 6 th beat.	
27	Rolling Arms with Men's Left Turn	Reverse (clockwise) turn for the Lady, spinning lefts right arm on 6 th beat, but the Man performs a left (anticlockwise) turn on the 5 th beat, awaiting Lady's right hand to drop on to the Gents right hand.	
28	Rolling Arm, Men's Left Turn & Pull	Reverse (clockwise) turn for the Lady, spinning lefts right arm on 6 th beat, but the Man performs a left (anticlockwise) turn on the 5 th beat, awaiting Lady's right hand to drop on to the Gents right hand. On the 9 th beat the Gents pulls the Lady through for 1.5 ladies turn and head roll.	
29	Right over left hold – guys Titanic	Gents guide the Lady behind them in 8 beats into a Gents Titanic styled move in the first 4 beats, holding both hands. On the 5 th beat the Man then guides the Lady in a clockwise walking move until she's standing in front of the Man.	
30	Left handed Round the World	Starts with a single left hand hold for the Gents. The lady then walks around the Man in 8 beats.	