

DICTIONARY SALSA

A - salsa dictionary of terms

Arm lock or Arm hook

Dancers are facing each other and the lady's arm(s) are hooked behind the man's shoulder(s).

Arm loop

Dancers are facing each other and the man has his arm looped on the lady's shoulders. The Arm Loop is often used after a turn for the lady.

B - salsa dictionary of terms

Back breaks

A basic step in which the leader step back on step 1 with his left foot instead of forward and the follower steps back on step 4 her left foot

C - salsa dictionary of terms

Change of a hand hold

Swapping from a normal hold to a crossed hold or vice versa.

Change of directions

Swapping places by walking to the opposite side.

Check

Checks are executed by the man and involve the man stopping the lady midway through a move (e.g. a turn).

Comb

Combs are executed by the the man and involve the man bringing the lady's hand over her or his own head

Copa or 'In and Out'

Copa is an action of bringing the lady in and leading her out. This action is called 'Copa' or 'In and Out' in salsa.

Cross body lead

Crossed holds

Dancers hold left to left and/or right to right.

The man normally leads the lady across to the opposite side: from his right side to his left.

D - salsa dictionary of terms

Dancing "On one" (On 1)

It is defined by breaking or stepping on first beat of measure

Dancing "On Two"(On 2)

It is defined by breaking or stepping on the second beat of a measure

Duck

The man or the lady duck down and normally pass under the arm.

E - salsa dictionary of terms

Embrace

Embraces are positions where one of the dancers has both hands crossed behind or in front of self while holding both hands of the partner.

F - salsa dictionary of terms

Facing the line of dance

Both dancers are positioned facing the line of dance. The dancers can face each other, face the same direction or face the opposite directions from each other

Facing perpendicular to the line of dance

Both dancers are positioned facing perpendicular to the line of dance. Such positioning of the dancers with respect to the line of dance is also called butterfly position.

Forward Basic

Standard forward and back 6 count step. The leader steps forward with their left foot on step 1. The follower steps back with their right foot on step 1. This is done so that the two can dance in synch (often in close positions) without stepping on each others' feet

G – salsa dictionary of terms

H – salsa dictionary of terms

Hammerlock

Hammerlocks are positions where the dancers hold each other with both hands with either the man or the lady having one arm bent behind self (broken arm), while holding the hand of the partner.

Half hammerlock or Broken arm

Half hammerlocks are very similar to the hammerlock positions; the only difference is that only the bent arm is held.

Hand drop

The man drops the lady's hand and normally catches it with the same or the other hand.

Hand throw

The man throws the lady's hand up. The lady's hand goes up and then falls down.

I – salsa dictionary of terms

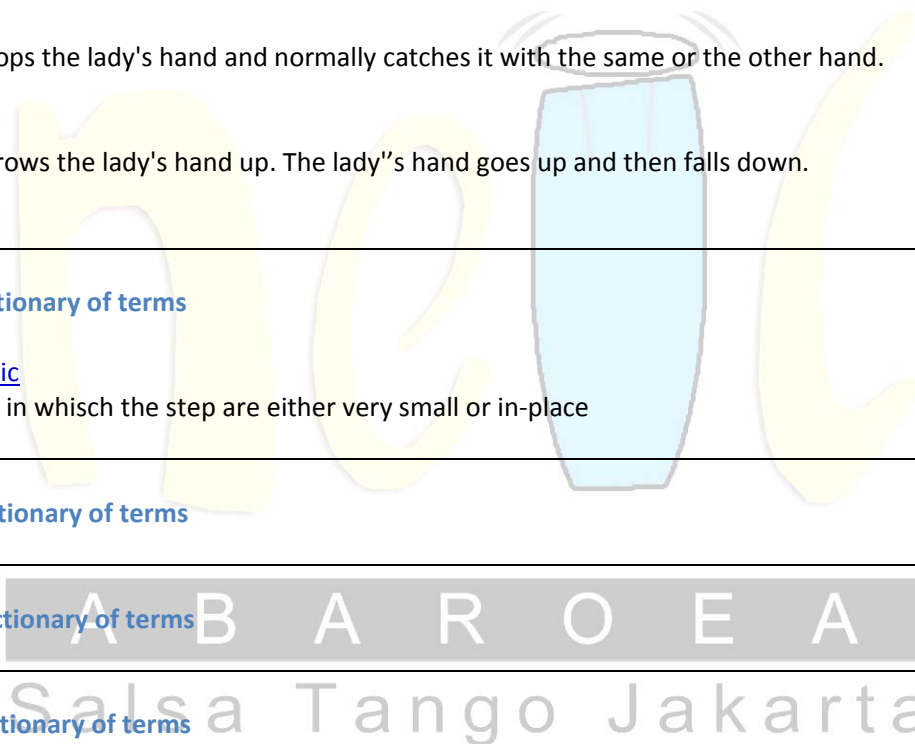
In-Place Basic

A basic step in which the step are either very small or in-place

J – salsa dictionary of terms

K – salsa dictionary of terms

L – salsa dictionary of terms



M – salsa dictionary of terms

N – salsa dictionary of terms

Natural top

The dancers break, come back together into a normal closed hold and execute a full right turn. Typically, the turn ends up with another break.

Normal closed hold

Dancers are facing each other: the man positions his right hand on the lady's left shoulder blade and holds her right with his left with his arm bent. The lady places her left hand on the man's right shoulder.

Normal open holds

Dancers hold left to right and/or right to left.

O – salsa dictionary of terms

P – salsa dictionary of terms

Q – salsa dictionary of terms

R – salsa dictionary of terms

S – salsa dictionary of terms

Side-to-side Basic

A basic step in which the steps are to the left and right instead of forward and backward. Leaders steps to their left on step 1 and followers step right on step 1

Sombrero

Dancers are facing the same direction with the lady positioned on the right or on the left side of the man. Both hands are connected in a crossed hold and rest on the shoulders of the dancers.

T – salsa dictionary of terms

Turns

There are many variations of turns for men and ladies. Turns can be broadly classified according to the direction (right or left) and the number of turns (1/2, 1, 1½, 2, 2 1/2, 3 etc.). Turns can be executed with partners holding each other or in NO hold (free turns).

U – salsa dictionary of terms

V – salsa dictionary of terms

W – salsa dictionary of terms

Walks

One of the dancers walks on a straight line or walks around his/her partner.

X – salsa dictionary of terms

Y – salsa dictionary of terms

Z – salsa dictionary of terms



A B A R O E A
Salsa Tango Jakarta