

SYLLABUS SALSA

(Salsa Instructor_Neil Abaroea)

Beginner Module 1

Partnerwork :

- Salsa walk
- Forward and back basic
- Cuban Step
- Side to side step (single)
- Side to side step (double)
- Cross body lead (180°)
- Open break
- CW Turn (right turn)
- CCW Turn (left turn)

(youtube: neil abaroea _salsa pattern)

Beginner Module 2

Partnerwork :

- Shine for beginner
- Hammerlock turn
- Sombrero turn
- *dbl* turn
- Cero ciete turn
- Cross body lead (180°)
- Cross body lead (270°)
- Cross body lead (450°)

(youtube: neil abaroea _salsa pattern)

Intermediate Module 1 :

Partnerwork :

- Shine
- Copa
- Hook Turn
- Reverse Cross Body Lead
- Wraps
- Shoulder Lead
- Hip Lead
- Inside and outside turn
- Peek a boo
- Hand Flick
- Pizza Turn
- Titanic
- Around the World

Intermediate Module 2 :

Partnerwork :

- Shine
- Right Turn:
 - o Double
 - o Touch & Go
- Inside Turn :
 - o Multiple Body Rolls
 - o Handcuffs
 - o Straitjacket
- Outside Turn :
 - o Left Hand
 - o Traveling Hammerlock (S turning)
 - o Windmill
 - o Fling
 - o Hug
- Walkthrough:
 - o Snake
- Broken Left Turn:
 - o Behind Back Hand Check
- Copa
 - o Reverse Hammerlock
- Neck
 - o Neck Drop
 - o Neck Wrap
 - o Neck Swan
- Lift and Dips

