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SALSA COURSE GUIDE

This Course Guide is designed to help you and your instructor determine which classes you should enroll in and what is the best way for you to progress through your dance development. Note, that it is very important that you complete all the Pre-Requisites (PREREQS) listed for a particular class before starting that class. If the pre-requisite class is not available, or if you would like to progress through this material at your own pace (either faster or more deliberately), then May I Have This Dance Instructors are available for private lessons.

Some classes are offered frequently, some infrequently. This curriculum is the most comprehensive and complete in the industry. Much research, piloting, and sound educational principles have been part of the creation of this curriculum. We continually monitor the design, implementation, and success of each class and the curriculum as a whole. We also stay current with industry changes and the evolution of the dance which will help us keep our classes fresh and up to date with the latest practices in the national and international dance circuit. Revisions to our curriculum and classes will happen over time to ensure that we always are providing the best possible learning opportunities for all our students. As a student successfully completes our curriculum they will become a top dancer.

How To Read This Guide:

COURSE NUMBER: TITLE

PreReqs: either a description of skills or a listing of Course Numbers that **must** have been successfully completed prior to starting this class. You may also take private lessons to complete the material in the pre-requisite classes.

Recommended: either a description of skills, or a listing of Course Numbers that are highly recommended to have been completed prior to the start of this class.

Time: duration of the workshop/class

Description: description of the class content with some examples. A May I Have This Dance Instructor can help you with a complete list of patterns, techniques, and principles included in any class.

Repetition: How many times this class should be taken. You can take the class even more times if you'd like.

The classes do NOT need to be taken in numerical order, but listed pre-requisites must be completed prior to taking any particular class. In general, 100-level classes are basic thru intermediate level. 200-level classes are intermediate thru advanced. 300-level are advanced through master level. Classes given a lower-than-100 classification are sampler classes given prior to a dance party or event.

Finally, if you start with May I Have This Dance with significant dance experience, you may be able to “test out” of certain classes and start further up in the curriculum. However, our years of experience show that even those who think they can do much of the basics, intermediate, and even advanced material because they’ve learned from other sources or been dancing it for years, actually have a lot of bad habits and need to revisit the basics just as much, if not more, than someone new to dancing. The May I Have This Dance curriculum is the most thorough in the industry, and even our basic classes are more demanding and comprehensive than those you may have taken elsewhere. Nevertheless, if you’d like to “test-out” of certain classes and start with a higher-level class, you should schedule a private lesson with a May I Have This Dance Instructor and let them know your intentions in advance so they can prepare to evaluate your current skills and abilities and direct you to the best class(es) for you to take next.



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COURSE LISTING

SALSA 101: Basics

Pre-Reqs: none

Time: 4 hours

Description: The place to start your Salsa education. Learn the most popular social dance in the world at the perfect pace. Build good habits and skills early, while meeting new people and having a lot of fun! You will learn the Basics, Right-Break Turns, and the Cross Body Lead.

Repetition: 2

SALSA 106: Level I Turn Patterns

Pre-Reqs: Salsa 101

Time: 2 hours

Description: Add some simple and common turn patterns to your basics, including variations of the Right Break Turn, Open Break patterns, Hammerlocks and a simple double turn.

Repetition: 2

SALSA 115: Partnering & Connection Fundamentals

Private Or Group Lesson Delivery

Pre-Reqs: Salsa 101

Time: 1 hours

Description: The most important aspect of partner dancing is dancing with your partner! Learn to really connect to a partner so you can become a great lead or follow.

Repetition: 2

SALSA 130: Individual Technique Fundamentals

Private Lesson Delivery

Pre-Reqs: Salsa 101

Time: 1 hours

Description: Get the Salsa look! More than just making one of those two left feet--right, how to use those feet and body properly.

Repetition: 2

SALSA 150: Street-Style Salsa and Cumbia

Pre-Reqs: Salsa 101

Recommended: At least 3 months of standard Salsa lessons and dancing.

Time: 1 hour

Description: Street/Cumbia-style Salsa is another popular variation that can either be danced as a different option to Salsa & Cumbia music or can be integrated into standard Salsa to make it more dynamic. Learn the unique and common characteristics, the basics, several turn patterns and stylings within 1 hour!

Repetition: 2

SALSA 160: Styling Fundamentals

Private Lesson Delivery

Pre-Reqs: Salsa 101

Time: 1 hour

Description: Start looking sexy! Technique and pointers for men and women to add shaping, more body and arm styling to make your basics look like an advanced dancer.

Repetition: 3

SALSA 170: Basic Shines & Fancy Footwork



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Pre-Reqs: Salsa 101

Time: 1 hour

Description: What are shines? Learn several popular and simple footwork variations and body stylings that you can use when dancing apart from your partner. No partner work in this class.

Repetition: 2

SALSA 180: Cross Body Lead Turns

Pre-Reqs: Salsa 101

Recommended: 115, 130

Time: 2 hour

Description: A KEY step in Salsa. An incredible amount of intermediate and advanced patterns are based on the Cross Body Lead Turn. Learn it the right way with the proper footwork, turning technique, and how to lead them effectively. Also, learn the most common fundamental variations of the CBLT.

Repetition: 3

SALSA 185: Role-Reversal

Pre-Reqs: Salsa 101, 115, 180. At least 4 months of salsa dance experience.

Time: 2 hours

Description: Become a better Lead or Follow by learning the other part. Even if you don't ever plan on dancing in the opposite role, this workshop will help you develop a refined touch for your natural part.

Repetition: Allowed

SALSA 195: Salsa Boot Camp I: Fundamental Concepts

Pre-Requisites: Audition or invite only. Good timing and rhythm. Good balance and spinning ability. Good frame and connection. Smooth lead/follow. Ability to thrive in a fast-paced and demanding environment. Successful completion of Salsa 101, 106, 115, 180 or the equivalent in private lessons. At least 4 months of Salsa dance experience.

Recommended: 130, 170, 185. At least 1 year of Salsa dancing experience.

Time: 16 hours

Description: Intense and demanding course that covers 11 of the 14 fundamental concepts of Salsa using fancy patterns, stylings, and variations. Those that successfully complete this course will be among the best social salsa dancers and ready for practically any advanced-level salsa class anywhere.

Repetition: Allowed

SALSA 197: Basic-Intermediate Level Guest Instructor Class

Specific titles vary.

This is the placeholder for when we offer specialty classes by traveling Pro's or other guest instructors at a Basic-Intermediate Level

Pre-Requisites: To be determined by instructor

Time: 1 hour

Description: To be determined by instructor.

Repetition: Allowed

SALSA 198: Basic-Intermediate Level Fancy Patterns Open Class

Specific titles vary.

This is a placeholder specifically for patterns-based classes that may be different every time it's conducted. New and different patterns can be covered each time.

Pre-Requisites: 101, 180, at least 3 months of Salsa dancing.

Time: 1 hour

Description: Varies

Repetition: Infinite



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SALSA 199: Basic-Intermediate Level In-House Specialty Class

Specific titles vary

This is a placeholder for when we offer basic-intermediate level one-time or limited classes that aren't included anywhere else in the curriculum and are more than just pattern-based.

Pre-Requisites: To be determined for each class

Time: 1 hour

Description: Varies

Repetition: Infinite

SALSA 203: Compression & Left Break Turn Patterns

Pre-Reqs: Salsa 101, 180

Recommended: 115, 130, 170

Time: 2 hours

Description: An advanced connection, when mastered, compression can add a whole new dimension to your dancing. It allows for more communication and options for you and your partner and helps achieve several cool patterns and styling. Left Break Turns and Spins are another fundamental concept that should be part of every true experienced Salsa dancer's repertoire.

Repetition: 2

SALSA 205: Cross Body Lead Turn Variations I

Pre-Reqs: Salsa 101, 180

Recommended: 115

Time: 2 hours

Description: Continue mastering the key fundamental concept of the Cross Body Lead Turn by learning several more fancy variations like Egg-Beaters, Behind the Backs, and the Orbit.

Repetition: 2

SALSA 207: Cross Body Lead Turn Stops & Checks

Pre-Reqs: Salsa 101, 180

Recommended: 115, 205

Time: 2 hours

Description: Combine Cross Body Lead Turns with stylish stops and Right-Break Turns and Spins and you have whole new combinations. Attention-grabbing combinations in their own right, they are also building blocks for many advanced moves which you may get a taste of at the end of this workshop!

Repetition: 2

SALSA 212: Reverse Cross Body Lead Turns

Pre-Reqs: Salsa 101, 180

Recommended: 115, 205,

Time: 2 hours

Description: Now that you've mastered Cross Body Lead Turns, do them in the reverse direction and learn the many popular patterns and applications of this fundamental concept. Learn the key differences between the CBLT and the RCBLT. Integrate RCBLT patterns into your repertoire to build impressive combinations.

Repetition: 2

SALSA 216: Barrel Roll Turns and Combinations

Pre-Reqs: Salsa 101, 180, 212

Recommended: 115, 205, 207

Time: 1 hour

Description: The Barrel Roll is another fundamental concept useful for movements where you want to change places in the slot with your partner. Barrel Rolls can launch you into a fancy string of patterns, or



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used by itself for a dramatic new type of turn. Some of the variations you'll learn include the hammerlock, the apache, and double spins.

Repetition: 2

SALSA 235: Ladies Latin Styling

Pre-Reqs: Salsa 101, 180, 130, 160, 170

Time: 1 hour

Description: Learn several stylish and sexy options that you can add to your salsa by learning a non-partnered combination or routine including footwork, body, hip and arm styling. Learn how to apply some of these movements to your partnering too.

Repetition: Infinite

SALSA 250: Spins & Turns Workshop I

Pre-Reqs: Salsa 101, 180

Recommended: 115, 212

Time: 1 hour

Description: Pivot Turns are part of every social dance. In Salsa, Cross Body Lead Turns and Reverse CBLTS use Pivot Turns. Learn the finer details of Pivot Turns, several ways to practice them and how to master them. Also, learn how to Lead and Follow them effectively.

Repetition: 3

SALSA 253: Spins & Turns Workshop II

Pre-Reqs: Salsa 101, 180

Recommended: 115, 212, 250

Time: 1 hour

Description: Right Break Turns and Left Break Turns are introduced early in your Salsa lessons. In this lesson, you learn how to make them look professional and how to add multiple turns, through spinning, paddling, and advanced preps and styling.

Repetition: 3

SALSA 260: Marking Patterns Chicago Style

Pre-Reqs: Salsa 101, 180,

Recommended: 115

Time: 1 hour

Description: Marking is a technique and styling that helps blend patterns, keep the rhythm, and create "picture lines." It is a common styling used by many Chicago salsa dancers. In this workshop you'll learn how to "mark" and you'll learn several patterns that are really well-tailored to use Marking.

Repetition: 2

SALSA 270: In & Outs

Pre-Reqs: Salsa 101, 180

Recommended: 115, 207

Time: 2 hour

Description: In & Outs were created as showy patterns for Salsa performances. Now they are popular with advanced dancers on the social dance floor. Learn several variations that are sure to capture other's attention.

Repetition: 2

SALSA 280: Baskets & Wraps

Pre-Reqs: Salsa 101, 180, 212

Recommended: 115,

Time: 1 hour



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Description: Learn several Basket patterns and impressive combinations including the Handcuff, Wrap & Reverse, Hammerlock to Man's basket.

Repetition: 2

SALSA 295: Salsa Boot Camp II: Advanced Concepts

Pre-Requisites: Audition or Invite only. SALSA 195 or equivalent.

Time: 12 hours

Description: Intense and demanding course that covers quickly reviews and tweaks the first 11 fundamental concepts of Salsa and covers the remaining 3 fundamental concepts in depth. Also get introduced to musicality and play in your Salsa Dancing. Of course, learn a whole bunch of really cool combinations.

Repetition: Allowed

SALSA 297: Intermediate-Advanced Level Guest Instructor Class

Specific titles may vary

This is the placeholder for when we offer specialty classes by traveling Pro's or other guest instructors at Intermediate-Advanced Level

Pre-Requisites: To be determined by instructor

Time: Varies

Description: Varies

Repetition: Infinite

SALSA 298: Intermediate-Advanced Level Fancy Patterns Open Class

Specific titles may vary.

This is a placeholder specifically for patterns-based classes that may be different every time it's conducted. New and different patterns can be covered each time.

Pre-Requisites: At least two 200-level classes

Time: 1 hour

Description: Varies

Repetition: Infinite

SALSA 299: Intermediate-Advanced Level In-House Specialty Class

Specific titles may vary.

This is a placeholder for when we offer intermediate-advanced level one-time or limited classes that aren't included anywhere else in the curriculum.

Pre-Requisites: To be determined for each class

Time: Varies

Description: Varies

Repetition: Infinite

SALSA 310: Spot Turns

Pre-Reqs: Salsa 101, 180, at least 1 200 level class.

Recommended: 115, 280

Time: 1 hour

Description: Spot turns add so much to the overall flow of Salsa and can help make you a smooth dancer by manipulating the momentum from one pattern to the next. Learn the proper footwork, connection and technique while doing several variations including the open break, closed, and hammerlock spot turns.

Repetition: 2

SALSA 320: Advanced Cross Body Leads

Pre-Reqs: Salsa 101, 180, 205, 207



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Time: 1 hour

Description: Cool, how'd did you do that? You'll hear that a lot when you integrate Advanced CBL into your dancing. Rotate your CBL 360 degree or more, extend your slot, add more sling to your slingshot, and extra stylings.

Repetition: 3

SALSA 325: Advanced Ladies Latin Styling

Pre-Reqs: Salsa 101, 180, 130, 160, 170

Recommended: 235

Time: 1 hour

Description: Very sexy! More intricate footwork, body, and arm stylings done in a non-partnered routine. Every class can be different.

Repetition: Infinite

SALSA 350: Advanced Spins & Turns Workshop

Pre-Reqs: Salsa 101, 180, 250

Recommended: 253

Time: 1 hour

Description: Not for the faint of heart. You must like to spin, or be willing to learn to like it! Pivot turns will be reviewed and then done twice as fast. Leads and Follows will learn how to add several variations of Double Cross Body Lead Turns to their repertoire. Follows will learn the proper technique and how to execute the multiple turns. Leads will learn the very specific ways to lead the multiple turn variations.

Repetition: 3

SALSA 360: Tricks & Dips I

Pre-Reqs: Salsa 101, 115, 180, at least one 200-level class, at least 6 months dancing.

Time: 1 hour

Description: Oh, those show-stopping moves that you see all the hot dogs doing. Learn them here! Learn general technique, rules, and etiquette of Dips and Tricks. Several dips and tricks will be introduced including the ever popular Neck Drop. Although based on salsa, this class and the content are applicable to most latin, swing, and even ballroom dances.

Repetition: Allowed

SALSA 362: Tricks & Dips II

Pre-Reqs: Salsa 101, 115, 180, at least one 200-level class, at least 6 months dancing.

Recommended: 360

Time: 1 hour

Description: More popular dips and tricks, including the Rag Doll, Death Drop and Arm Bar. Although based on salsa, this class and the content are applicable to most latin, swing, and even ballroom dances.

Repetition: Allowed

SALSA 364: Tricks & Dips III

Pre-Reqs: Salsa 101, 115, 180, at least one 200-level class, at least 6 months dancing.

Recommended: 360

Time: 1 hour

Description: Even more dips and tricks, including various arm hooks, fancier death drops, and a hub turn. Although based on salsa, this class and the content are applicable to most latin, swing, and even ballroom dances.

Repetition: Allowed

SALSA 366: Tricks & Dips IV



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Pre-Reqs: Salsa 101, 115, 180. At least one from 360, 362, or 364. Must be very nimble, in good shape, flexible, and willing and able to do partner-weighted moves.

Recommended:

Time: 1 hour

Description: Much more intense tricks and dips that you may have to stretch your comfort zone for. May vary in content every time it's conducted. This class and the content are applicable to most latin, swing, and even ballroom dances.

Repetition: Infinite

SALSA 375: Musicality & Play

Pre-Reqs: Salsa 101, 115, 180, at least three 200-level class, at least 9 months dancing.

Recommended: West Coast Swing 312

Time: 1 hour

Description: Do more than just fancy patterns and combinations. Dance to the music! Learn to add character and expression so you are actually more in tune with the music. Connect with music and take your dancing to a whole new level that really only the very very best dancers achieve. **Repetition:** Infinite

SALSA 395: Salsa Boot Camp III: Putting it All Together Like a Pro

Pre-Requisites: Audition or Invite only. SALSA 295 or equivalent.

Time: 8 hours

Description: Create some amazing combinations using all 14 fundamental concepts. Smart pattern selection, floorcraft and musicality. Get playful and define your own salsa groove. If you get this far in your Salsa training, all your friends and strangers who see you dance will think you are a Salsa God or Goddess.

Repetition: Allowed

SALSA 397: Advanced Level Guest Instructor Class

Specific titles vary

This is the placeholder for when we offer specialty classes by traveling Pro's or other guest instructors at Advanced Level

Pre-Requisites: To be determined by instructor

Time: Varies

Description: Varies

Repetition: Allowed

SALSA 398: Advanced Level Fancy Patterns Open Class

Specific titles vary

This is a placeholder specifically for patterns-based classes that may be different every time it's conducted. New and different patterns can be covered each time.

Pre-Requisites: at least four 200 or 300-level classes.

Time: 1 hour

Description: Varies

Repetition: Infinite

SALSA 399: Advanced Level In-House Specialty Class

Specific titles vary.

This is a placeholder for when we offer advanced level one-time or limited classes that aren't included anywhere else in the curriculum.

Pre-Requisites: To be determined for each class

Time: Varies

Description: Varies

Repetition: Allowed



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SALSA 097: Catch-all Basic

Pre-Reqs: none

Time: 30 to 60 minutes

Description: This is the class that typically takes place before a nightclub dance, dance party, or other event. It's designed to get beginners dancing quickly without getting into too much detail. A good way to get a taste of Salsa.

Repetition: Infinite

SALSA 098: Catch-all Intermediate-Advanced

Pre-Reqs: should have at least 3 solid months of salsa experience, but not strictly enforced

Time: 15 to 60 minutes

Description: This is a class geared towards more experienced dancers that may take place before a nightclub dance, dance party, or other event. Usually a fancy combination is taught at a quick pace without as much detail as would be included in the regular curriculum classes (100-level and above).

Repetition: Infinite