

# Salsa Checklist - Are you dancing salsa correctly?

In addition to common courtesy, dance etiquette is relatively the same in all dance forms. Although there are many teaching styles, most instructors would agree on the common basics in dancing salsa. Here is a quick checklist to help you dance better in a crowded and social club setting.

## Be a better SALSA dancer and don't forget to:

- Synchronize movements with tempo of the music
- Create versatile / non-repetitive dance patterns
- Be aware of your surroundings
- Make occasional eye contact
- Spot for multiple spins
- Dance within your own space
- Acknowledge your dance partner
- Prevent other dancers from hurting/stepping on partner
- Apologize if you hit or step on someone
- Practice salsa moves during merengue
- Keep a strong frame and firm connection
- Weight transfer for each step
- Soften knees
- Dance with people of all levels
- Loosen up and have a great time!



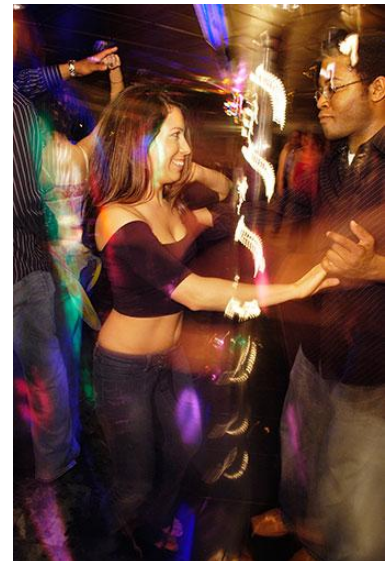
## QUICK QUOTE!

“It doesn't matter which style you dance, whether you start on the first beat – dancing “on the one” (like Cubans and Colombians) – or the second – dancing “on the two” (like the Latin New Yorkers, Puerto Ricans, and the ballroom set) – as long as you're consistent and understand which beat you're on.” Eddie Torres



## Actions to minimize or AVOID when dancing salsa:

- Large / Over extended arm/leg movements
- Poorly practiced moves/turns
- Losing the count/tempo
- Wording (counting out loud) steps
- Rushed/Forced leads
- Strong, jerking, and forceful leads
- Loose, floppy arms (no tone)
- Flapping (bird like) arm actions
- Pumping arms
- Elbowing your partner
- Bouncy steps
- Out performing your partner
- Restrictive dress wear
- Dangling jewelry
- Pockets full of items (i.e. keys)
- Poor Posture
- Collapsed Frame
- Talking / Teaching on the dance floor
- Unpleasant Body Order / Bad Breath
- Profuse Sweating
- Dry / Unkept hands
- Excessive gum chewing
- High alcohol consumption
- Anticipating leads



## RECOMMENDED LINKS

- ♪ <http://www.ritmobello.com>
- ♪ <http://www.discosfuentes.com>
- ♪ <http://www.batanga.com>
- ♪ <http://www.tosalsa.com/guide>
- ♪ <http://www.pandora.com>
- ♪ <http://www.salsaartists.com>
- ♪ <http://www.colombia.com/RADIO>
- ♪ <http://www.dancetime.com>

Next issue: Merengue

