

# MAMBO D DANCE CENTER

## REGULAR COURSES

### **SALSA BASICS**

Learn the fundamentals of Salsa dancing (basic steps, Cross body lead, basic turns).  
(No experience or partner necessary)

### **SALSA ADVANCED BEGINNER**

Strengthen and learn more of the fundamentals of Salsa dancing (1 1/2 turns, intro to complex timing concepts, basic combos of steps and turn patterns).

Pre-requisites: SALSA BASICS or a **basic knowledge** of dancing Salsa "**On2**".  
(No partner necessary).

### **SALSA INTERMEDIATE 1**

Gain more experience while learning more complex turn patterns and step combinations to boost your confidence on the dance floor.

Pre-requisites: SALSA ADVANCED BEGINNER or at least 6 months of dancing Salsa "**On2**".  
(No partner necessary).

### **SALSA INTERMEDIATE 2**

Learn how to use the Clave concepts to properly mix simple & complex steps and turn patterns and dance with greater confidence.

Pre-requisites: SALSA INTERMEDIATE 1 or at least 1 year of dancing Salsa "**On2**".  
(No partner necessary).

### **SALSA ADVANCED**

Learn all the nuances that make Salsa partnering more fun. Develop better technique, form and musicality to become more creative on the dance floor. Acquire the strength necessary for a much advanced level of dancing.

Pre-requisites: SALSA INTERMEDIATE 2 or at least 1 1/2 year of dancing Salsa "**On2**".  
(No partner necessary).

### **LUNCH TIME SALSA & CHA CHA**

Relieve stress from work. Enjoy a great workout while having the time of your life moving to hot Latin rhythms. No experience or partner necessary.

### **SALSA LADIES' STYLING**

Explore how to fully express yourself to the unique rhythms of Salsa through isolated body movements, arm styling and technique for turns and the development of a challenging open choreography.

Pre-requisites: ADVANCED BEGINNER or at least 6 months of dancing Salsa "**On2**".  
(Ladies only).

### **SALSA MEN'S STYLING**

Gain great confidence and poise while working on those moves that impress the most on the dance floor. Develop greater posture, execute smoother turns and dance with superb flair.

Pre-requisites: ADVANCED BEGINNER or at least 6 months of dancing Salsa "**On2**".  
(Men only).

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## SPECIAL WORKSHOPS

### **CHARANGA**

This form of Cuban music is still popular today. Learn the basic steps as well as specific moves to dance Charanga. Join in and see why dancers have so much fun when swaying to the intoxicating riffs of violin and flute. Don't be left out.

Pre-requisites: ADVANCED BEGINNER or at least 6 months of dancing Salsa "On2".  
(No partner necessary).

### **PACHANGA**

The Pachanga is back. Take this unique opportunity to learn the steps to that carefree dance that briefly replaced Cha-Cha in popularity in the 50's. Basic exercises will help you enjoy Pachanga very quickly.

Pre-requisites: ADVANCED BEGINNER or at least 6 months of dancing Salsa "On2".  
(No partner necessary).

### **AFRO-CUBAN GROOVES**

Learn very typical steps used when dancing the Son, Charanga and the more folkloric Guaguanco to develop that Afro-Cuban feeling. A greater emphasis is put on the dancer's body.

Pre-requisites: ADVANCED BEGINNER or at least 6 months of dancing Salsa "On2".  
(No partner necessary).

### **SALSA BODY MOVEMENTS & ISOLATIONS**

Learn specific body isolations (ribcage, hips, shoulders, etc) for proper executions of the basic and hottest moves in any Latin dances. No experience or partner necessary.

### **SALSA SPINS & TURNS TECHNIQUE**

Learn specific footwork, spotting and balance exercises for flawless execution of single, double or more turns in Salsa & Cha-Cha. No partner necessary.

### **CHA-CHA BASICS**

Learn the basic skills (basic steps, Cross body lead, basic turns) to enjoy Cha-Cha partnering.  
(No experience or partner necessary).

### **CHA-CHA INTERMEDIATE**

This is a great opportunity to brush up and acquire more skills to enjoy Cha-Cha partnering.

Pre-requisites: CHA-CHA BASICS or at least 1 year of dancing Salsa "On2".  
(No partner necessary).

### **CHA-CHA ADVANCED**

Learn all the nuances and develop musicality to dance with greater flair and have more fun.

Pre-requisites: CHA-CHA INTERMEDIATE or at least 1 1/2 year of dancing Salsa "On2".  
(No partner necessary).