

Cambridge Dancers Club - Michaelmas term

8 weeks Improvers/Intermediates course - Handout

Here is a summary of the programme for the 8 weeks improvers/intermediates course. Enjoy!

WEEK 1

- **Warm-up routine:**
The warm-up is the same at the beginning of every class. It has several goals: 1) warm up the body to avoid injuries, 2) develop some core Cuban body movement, 3) work out to develop the muscles involved in the Cuban movement. It starts from the head and works all the way down to the toes: neck, shoulders, spine, hips, knees, ankles, toes. The more you do it, the easier it gets!
- **Refresher: the 12 elementary moves of Cuban salsa - part 1**
Please see the attached table for a list.

WEEK 2

- **Refresher: the 12 elementary moves of Cuban salsa - part 2**
Please see the attached table for a list.

WEEK 3

- **Setenta, Setenta Complicado, other setentas**

WEEK 4

- **Candado**
- **Kentucky, Kentucky con Gancho**

WEEK 5

- **Coca-Cola, Siete con Coca-Cola**
- **Niagara**

WEEK 6

- **Cuban shines: Rumba Guanguancó and Orishá Elegua**

WEEK 7

- **Son: dancing a contratiempo (on2)**

WEEK 8

- **Programme review and Q&A.**

PLEASE REMEMBER:

- Always step in the beat, like walking with the funny 1-2-3-pause, 5-6-7-pause.
- Use the circle as a reference to understand the spatial organization of the moves: inside, outside, left, right = North, South, East, West.
- Always keep your knees flexed and your body relaxed. Think “shock absorbers”.
- Step toes first, then rest of the foot on the floor. That makes the floor feel softer.
- Keep your steps short, one shoe-size maximum.
- Width of space between feet = width of your shoulders.
- Dance close to each other. “Hug circle”: Man always keeps the Lady in the space defined by his arms held in a circle shape, that’s where the lead is most effective.
- **AND MOST OF ALL: HAVE FUN! :-)**

OTHER CUBAN SALSA CLASSES AND PARTIES IN CAMBRIDGE

- **The Sunday Salsa Lounge:** class+social every Sunday at the Man on the Moon, 2 Norfolk St., Cambridge CB1 2LF. Class 19:30-20:30, then social dance until 23:30.
- **The Thursday Salsa Social Club:** every Thursday at the Cambridge Working Men’s Club, 125 East Road, Cambridge CB1 1DB (opposite the Crown Court). CWMC parking is freely available for club members. Fantastic venue, low cost drinks. Class 1, 19:30-20:30, is a new theme every week for all levels; class 2, 20:30-21:30, is salsa on 3 levels. Then 21:30-23:45 free salsa party!

Thanks and see you soon! :-)

-- DJ Sacha

<http://www.CambridgeCubanSalsa.co.uk> - Facebook group “Cambridge Cuban Salsa” - 079 03 828 017