

THE 12 BASIC MOVES OF CUBAN SALSA

The following moves are some of the basic units of Cuban salsa: other short moves are often armwork variations on these, and longer moves are mostly an assemblage of these basic ones. Knowing those moves create a language that can be used later on while explaining or why analysing longer moves. They are also useful to develop and polish some essential space awareness and leading/following skills.

#	Name	Short description and skills	Notes	Same family as
0	Guapea step	Basic Cuban salsa step. Combination of casino + salsa. Connection: equalise the tension.	Guapear = acting tough, being brave. Guapea = the tough step (to show off).	
1	Enchufla	Back-rock-turn, back-rock-forward.	Enchufar = to plug in or turn on (some electrical equipment)	Enchufla doble, Enchufla Complicado, Enchufla con Mambo/Rumba etc.
2	Dile que no (DQN)	Dile que no with lady's hips tilting backwards on 3 to create the "slingshot effect". Dancing together, exchange of complementary energy.	Dile que no = tell her/tell him that not. "Yes but no, OK maybe."	
3	Hecho a.k.a. Vuelta a.k.a. Pimienta	Lady's clockwise turn on 8 beats led by man's left hand (var. right hand), with prep on preceding 8.	Hecho = done. Vuelta = turn.	Velta Vacilala, Sombrero, Balsero, Abanico, Setenta
4	Paseala al frente	Leading the lady inside/outside of the circle, lady walking in a figure of 8 or infinity sign, man stepping side to side. Keep shoulder lines parallel. Very good for learning to lead and follow.	Pasear = to go for a stroll. Paseala = bring her on a stroll. Al frente = in front. Preparation for sacala.	
5	Sacala a.k.a. Exhibela	Lady's clockwise turn "thrown" by the leader. Ladies use hips for styling and creating motion from within the body. Action-reaction.	Sacar = to throw. Sacala = throw her out. A.k.a. Exhibela, but Exhibela is lead with man's right hand / crosshand hold.	
6	Paseala (por abajo y por atrás)	Bringing the lady right to left, then left to right. Starts from enchufla-DQN.	Pasear = go for a stroll. Please don't confuse with "paseala al frente". Por abajo y por atrás = down (the street) and back.	
7	Adios con la Prima	Man pushes into the ladies right arm and pulls her left hip to start the clockwise rotation, then travels under the ladie's arm.	La Prima = the cousin. Adios con la prima = leave with the cousin.	Evelyn, Adios con la Prima y la Hermana/con la Familia
8	Cubanita/Cubanito	S-shaped arm leading, lady in front and man behind (resp. man in front, lady behind). Keep the connection even though the lady (resp. man) is in front, "reconnect" on 3 and 7 with eyes and body direction.		El Uno, El Dos.
9	Enrocate	Preparation to Coca Cola, keep the lady in the centre.	Enrocar = to castle. Enrocate = castle yourself. Think of protecting with a wall.	
10	Coca cola	"Cross body with inside turn", lady's anti-clockwise turn led by the man. Starts from enchufla-DQN.		
11	Siete a.k.a. Panque	Whipping hand motion to lead the woman to turn clockwise and "roll her in". Prep-throw, action-reaction.	Spanish panque = pancake. Think of flipping a pancake.	Siete con Coca Cola
12	Enchufla Ronde (hook turn)	Starts like Adios, then hook turn for the man.		Enchufla ronde with hands high, low, two hands, hands crossed etc., Evelyn, Abanico