The Salsa Rapido® Method 1-Day Intensive for beginners
Memory Jogger notes.
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Thank you for coming, and congratulations, you survived (I hope) If you're reading this shortly after the course you may be thinking "Help I can't remember anything" These notes will help you remember and prioritise the raft of information covered.

NOW YOU HAVE STARTED DON'T STOP. – You now have lots of options to keep dancing salsa. Don't stop until you can confidently walk into any salsa club anywhere in the world and dance. The follow on Salsa Rapido course is called the **i2i** There's a voucher on the back for a Free class A local Salsa Rapido venue or you can repeat this course for FREE if necessary.

Three essential rules
1) Your first priority is the **Foot Work Sequence** FWS: Forget everything else until this simple sequence is mastered. No Foot Work Sequence = No Salsa! "**Left, Right, Left, Pause, Right, Left, Right, Pause**"
2) Footwork must be synchronised, mirrored! Applies to weight changes not direction. Your left their right etc.
3) Confidence and Consideration. No excuses, no apologies just be nice, the best version of you.
4) No lead no move!
5) Spins – generally in the direction of the foot you're stepping onto.
6) Travelling – The follower takes the long step across or around the leader with the foot nearest the leader.

Timing "Listen for the breaks or simply copying someone who looks like they're in time are all methods to start your FWS on the first beat of the bar (1bar = 4beats)
Followers, never follow a leader off the beat.
DO NOT COUNT! If you count you'll never listen to the music, just your own counting.

Mirrored footwork: Your Left at the same time as your partners Right. Note when dancing freestyle the convention is that followers tend to correct all mistakes.

Getting out onto the dance floor…
1) Check the pace of the track before you ask someone and get the timing so you start on the beat.
2) Spend 30secs just doing basics to relax into the track.
3) Keep it simple, it's better to lead moves you can do rather than treat the follower as a crash test dummy!
4) Dance for you partner. You are there to make your partner feel good. Dance at there level and support them.
5) Avoid verbally correcting or commentating when dancing.
6) Don't accept poor manners or attitude from anyone. Salsa is a social dance to be enjoyed not suffered.

Followers Golden guidelines.
No lead No move –   non-anticipation
Hold your ground -   Only a good lead is worth moving for
Don't just jump ask how high -   Accuracy
Orientation to your hands -   Face your hands not the leader or direction.
Extend 'n point -   When travelling extend the step and touch the toe to the floor first.
Finish each move -   Control the move and kill the momentum with balance.
Eye contact -   (non literal)   Let him know your Ok and he's not dancing with a doll.

Leaders Golden guidelines.
Vocalise to avoid hesitation (avoid the lips moving!)
Rapport is everything so be subtle.
After timing leading the follower well is more important that your move.
Look for the key elements within routines.
Use defaults (8 beats) to break combos and give you time.
Practice new moves within your repertoire.
Visualising combo's works really well.

Style - comes from You not a place.
You are a dancer so dance like one. Choose how you wish to look and you will achieve it.
Style originates from :- Efficiency, Body language. Consideration and tradition.

You can be as good or as bad as you choose. Choose now, and good luck, Alastair.
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The Salsa Rapido®
Fundamental Salsa Moves Vocalisation
©Alastair Sadler 1995 updated 2013
Please note we don't use all these moves in one course.

2nd Beat Spins: (mouse fish onion etc ☺)
Coil, Spin, Recover, Pause, R, L, R, Pause
Followers 2nd beat spin   starts on leaders Left

Leaders 2nd beat spin   Starts on leaders Right

Cross Body Lead
Forward side open pause, Cross Body Lead, pause,
Followers 1st beat travelling Starting on leaders Right (The forward side open is just preparation)

Spinning tips
Posture Upright, looking straight ahead with elbows out – like a spinning top not a banana!
Coil the hips like a spring – release to spin. When leading indicate by assisting the hip coil.
Spin with the forearms level.
Spotting – look at a point straight ahead as much as possible so your head flicks around.
Eye contact at the end of the spin.
Spins follow the footwork pattern.

Don't forget the easy stuff i.e. slow-motion leads for turns and shuffling
You know you've mastered it when you can explain it to someone else, Alastair.
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PS If you get stuck stick in 8 beats of basics using ultra basic step!!
Don't forget you can repeat this course for FREE!

Streetbeat Venues see offer at the bottom of the page.
Tuesdays "The Cuban" The Stables Market, Chalk Farm Rd. Camden Town 7.45pm

For the next Thames Salsa Cruise date please click here

I2i improvers to intermediate
If your not sure, try the **NEW i.2.i. Flavours** course.
The i2i not only consolidates the Beginners 1-Day course, but also goes far far beyond with a special Flavour (day theme). Combinations of simple moves that fit together well and continually crop up in advanced routines. The i2i is aimed at converting the "I've just enough to get by" of the beginners into the competent and confident intermediate Salseros. You'll be ready to launch yourself into the specialisations of int/advanced salsa or just simply dance with anyone from anywhere.
We fully expect you to feel you've forgotten heaps but rest assured…. Salsa Rapido has the methods to extract the dancer from within you!

If you want to stay in touch with the MAMBALSA project please visit www.mambalsa.com

11.30-5.00pm (costs £35 using b4 code & £40 to everyone else) More i2i dates on-line
DON'T FORGET MATES RATES use offer code 'mates' always the best price!

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VOUCHER
    Tear off this strip for a FREE class at any of our weekly venues