

Fact Sheet key points

- The Salsa Rapido 1-Day Intensive Salsa course for beginners is five hours of tuition in a single day. Saturdays 10.30am to 5pm (doors open 10am)
- Central London locations (Please check specific date for which location to use):
 - [Salsa Soho, 96 Charing Cross Road, London](#) WC2H 0JG walking distance from Leicester Square or Tottenham Court Road tube.
 - [Salsa Temple, Temple Station](#) (The station is below the venue), Victoria Embankment London WC2R 2PH walking distance from Holborn, Embankment and Waterloo.
- Led by [Alastair Sadler](#), professional salsa teacher since 1995 and creator of the Salsa Rapido method.
- Price: Standard price excluding offers: Singles £65, Couples £95, Student (uni) £49
- Bookings are in advance only so the booking system can balance the number of leaders (men*) and followers (women*) **refers to the traditional roles*
- No Quibble [Guarantee](#) (repeat for free within two months)
- Level: This course is for absolute beginners with less than five hours of tuition. Those who have done more than five hours should consider the follow up [i.2.i. Courses](#).
- [Gift vouchers](#) for couples and singles are available and valid for six months.
- Wear comfortable smooth soled shoes and casual clothes. Heels are not necessary.

About the Salsa Rapido course:

Hi my name's Alastair and I had no idea when I created the Intensive salsa course format in 2003, that it would become the longest running and most successful salsa course of its kind in the world. Maybe it's because I'm still passionate about teaching salsa, because I see the confidence, fun and friendship it brings.

My teaching method Salsa Rapido® has always been about getting people through the beginner levels and able to enjoy the salsa scene as soon as possible. To do this I use humour and popular psychology to make Salsa Rapido the fastest and most fun way into salsa.

Salsa Rapido is not a style of salsa but a highly effective teaching method that cuts the learning time down by focussing on the essentials:

- Mechanics of leading and following.
- Clear rules and easy to remember concepts that define the dance.
- Positive body language that presents the most confident, energised and attractive self.

There are many regional **styles of salsa**, but they are still salsa, sharing the same moves and mechanics. I want you to be able to dance with anyone from anywhere so this foundation course shows you how to lead and follow well, while presenting the confident and fun you. The Salsa Rapido techniques work well for any regional style of salsa and make it easy to change and mix styles while developing your own.

Bar Salsa is central London's iconic Latin bar/ club/ restaurant/ cafe that's been serving salsa music and dance everyday for over twenty five years. It's perfect in terms of size, floor, sound and air con. The bar is not open to the public during the day but refreshments can be purchased from the cafe. Please arrive early and yes the coffee is good :-)

[Check availability and book](#) | [Faq & info](#) | [Improvers Courses](#)