



Stimuli

Latin/American/
Ballroom dance styles
Burn the Floor DVD
Pictures of dancers
in poses
Music

Word bank

circle
hip
energetic
kick
turning
fun
lively
rotate
shoulder
stepping
ribcage
tapping
look
hold
exaggerate

Select a focus

Salsa

Choose movement words

Stepping, tapping,
exaggerated hip
shoulder and rib cage
movements,
fun, lively.



Salsa: the basics!

Salsa is normally a partner dance, although there are recognised solo forms where multiple couples exchange partners in a circle. Salsa can be improvised or performed with a set routine.

Salsa combines step patterns with exaggerated hip movements, famously known as the 'Cuban hip movement'. The upper body can move from above the waist with shoulder actions and isolated ribcage shifts.

Basic steps include Salsa right and left which involves three weight changes (steps) in four counts.

Starting with feet together, right foot steps out to the side transferring all weight onto it (1), transfer weight back onto left foot (2), return right foot to left (3), pause (4).

Repeat to the left.

Salsa front and back involves the same action moving the feet forwards and backwards instead of to the side. Two steps – 1,2,3, tap to the right, 1, 2, 3, tap to the left.

Salsa. Developing a basic movement phase into a dance using STEP

- S** Experiment with making the basic steps travel. Think about direction, e.g. on the diagonal, feet crossing over each other.
- T** Add arm variations, e.g. big arm circles over the head, imagine you are brushing or a Cuban arm gesture.
- E** Dress up in appropriate clothing to perform the dance. Girls wear a big skirt, does this make the hips move more?
- P** Dance with a partner. Decide on a leader and follower. Experiment with palm to palm and classic hold.

Skills

Example

Thinking Me

Explore	Self assess	Which step patterns did you find easy? How did you make them more challenging?
Compose	Plan	How will you match arm gestures to the step patterns?
Perform	Solve problems	Which dance dynamics have you used to display the mood of this dance?

Social Me

Explore	Communicate	What ways do you communicate and share ideas with others?
Compose	Collaboration	How do you decide who will lead and who will follow when dancing with a partner?
Perform	Motivate	How can you encourage your dance partner? Why is this important?



Healthy Me

Explore	Take responsibility	What is the role of a partner and why is it important?
Compose	Manage failure	How does it make you feel if you repeatedly make mistakes - what emotions do you express?
Perform	Perseverance	How can you tell if someone is determined to improve?

Physical Me

Explore	Co-ordination	Co-ordinating arm gestures, step patterns and Cuban hip movement in time with the music can be challenging. How did you overcome any difficulties?
Compose	Spatial awareness	How have you made sure you are aware of others when using change of direction?
Perform	Use of props	How has the music influenced the style of your performance?

Resources

-  **Cha Cha Cha:** "Shoop shoop song" - Cher
"Wow" - Kylie Minogue
"Cruel Summer" - Bananarama
"Relight my Fire" - Take That
- Waltz:** "Around the World" - Nat King Cole
"Come Away with Me" - Norah Jones
"Annie's Song" - John Denver
- Salsa:** "Vamonos Pal Monte" - Eddie Palmieri
"Aqui El Que Baila Gana" - Fania All Stars
-  Matalan TOP Dance STEP pattern resource sheets
Salsa, Cha Cha Cha, Line Jive, Waltz
Learn the dances - <http://www.ballroomdancers.com/Dances/>

Learning connections

History and Geography

Cultures and lifestyles from different countries.

Languages

Meaning of names and steps of dance, e.g. bachata, merengue, rueda.

Religious Education/Cultural

Find out about and compare other social dances that exist in other cultures.

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