

SALSA BANGOR SYLLABUS



Salsa Bangor aims to be fun and to make you a confident dancer. We want to develop excellent fundamentals to build a great social dancing scene.

Dancing is a skill that needs a lot of repetition and practice. Relax and have patience, and please chat with your teacher about improvement and your progression before moving class.

This flyer lays out the structure of the syllabus, giving you the names of the movements we'd like you to learn at each stage. Keep hold of it and tick off your progress as you go.

Salsa Bangor

SALSA★BACHATA★RUMBA
SON★CHA CHA★KIZOMBA

LEVEL ONE★

Three movements that introduce you to the Salsa fundamentals. Providing the building blocks for more complex moves.

Complete these classes at least twice

RIGHT TURN
ENCHUFLA
DILE QUE NO



COMBINED CLASS★

Every month we combine students from both Level One and Level Two to learn one of the following skills together

RUEDA
LOCKS
EXHIBELA

DANCED IT SOCIALLY
LEARNED IT FULLY
TRIED IT OUT

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

DANCED IT SOCIALLY
LEARNED IT FULLY
TRIED IT OUT

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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LEVEL TWO★★



A cycle built on three-week blocks, building on the fundamentals. Longer movements, broader repertoire and working on connection to body, partner, and music.

In each block the classes build on each other. Graduate to Level Two on the first class of the month only.

BLOCK A

ADIOS
KENTUCKY
COCA COLA

DANCED IT SOCIALLY
LEARNED IT FULLY
TRIED IT OUT

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BLOCK B

EL DEDO
SETENTA
SOMBRERO

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

BLOCK C

write in what was taught

TEACHERS CHOICE
CHANGE OF STYLE
TEACHERS CHOICE

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

This Syllabus belongs to

ABOUT★US

Salsa Bangor is run by volunteers according to our constitution. Our stated aims are to:

- ★ Encourage Latin dance with regular tuition and practice;
- ★ Provide a social environment and special events for Latin dance, for the enjoyment and benefit of Members;
- ★ Actively encourage participation and assistance from Members in classes and at events.

*Find us dancing every Thursday night upstairs at: Rascals Cafe Bar,
6 Holyhead Rd,
Bangor LL57 2EG.*

*Classes run between 8 and 9pm.
Social dancing follows until 11pm.
Pay by cash at the door.*

Find more information online:

 salsabangor.org

 [salsa_bangor](https://www.instagram.com/salsa_bangor)

 [SalsaBangorNW](https://www.facebook.com/SalsaBangorNW)

 Salsa Bangor



LEVEL THREE★★★

Someone who has mastered the Level Two movements will be invited to learn with us at Level Three, where we start to cover material from across the Salsa spectrum. Our aim is to make you a rounded social dancer. We cover many new skills, including:

Salsa sequences, Rumba, Son, Rueda, Contratiempo, Lead and Follow Technique, Role Switching and much, much, more.

CHANGE OF STYLE

The social Salsa scene will expose you to a number of latin music genres, each with its associated dance. We'll get you started with a Change of Style class.

Where there's a fifth Thursday in the month, we fill it with a Change of Style. Additionally, Level Two students have a class scheduled every cycle.

BACHATA
CHA CHA
KIZOMBA

DANCED IT SOCIALLY
TRIED IT OUT

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>



WORKSHOPS

Some aspects we like to teach in more depth than a weekly hour can provide. We also offer monthly, three hour workshops, that focus on footwork, body movement, and musicality. See our social media for details.

SOCIAL DANCING★★★★

The main event, the reason we go to classes. Social dancing is a highly rewarding activity. You will find a society of like minded individuals ready to embrace you. A circle of friends, just waiting to meet you.

We dance socially every Thursday after class and organise special weekend events for even more dancing.

DANCE EVENTS OUTSIDE BANGOR

Cars full of Salsa Bangor dancers turn up at events all over the North West and further afield. Our social media has regular recommendations. The skills you pick up in Bangor will let you dance with new friends in locations all over the UK and the world.