

Simple Salsa Moves

Salsa was developed in the mid 1900's in New York by Puerto Rican and Cuban immigrants but has its' roots in traditional Latin dance styles from the early 1900s. It is a partner dance heavily influenced by Afro-Cuban traditions, with the basic rhythm taking three steps for every four beats. Salsa is danced in restaurants, public squares, dance halls, bars and outdoor festivals.



Global Links

Salsa is a world-wide known and loved Latin dance style. There are distinct different styles of Salsa that have developed in different locations across the globe; Cuban, Puerto Rican, Colombian, Los Angeles and New York. Today it is learnt and danced in every corner of the globe.



Vocabulary

To dance (v)



Bailar

Music (n)



Música

Rhythm (n)



Ritmo

Curriculum Links

The Arts: Dance

Dance

Very Simple Salsa

Play the audio and/or the video on these classic Colombian salsa tracks:



[Celia Cruz - La vida es un carnaval](#)



[Marc Anthony - Aguanile](#)

Method

1



Find a partner to dance with, face each other and hold both hands.

2



Keep holding your right hand, open your left hand outwards and at the same time, take one step back with the left foot.

3



Step left foot back so you're now facing your partner again, holding both hands.

4



Now open your left hand outwards and step back with your left foot.

5



Repeat on both sides with your arms and feet opening outwards. Then again on your left.

6



Practice with music!

Explore!

Which dance types can students in your class do? What about teachers at your school? Can they teach you a different style of dance?



Very Simple Salsa video:



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