

LEVELS GUIDE AND FAQ

Which levels do you have?

All levels - from absolute beginner to advanced. The classes are split in 3 levels with 3 different instructors:

- 6:30-7:30pm Beginners Level 1 / Improvers Level 1 / Intermediates
- 7:45-8:45pm Beginners Level 2 / Improvers Level 2 / Advanced

What style do you teach on Fridays @ Tito's?

Forget the strictly come dance style and the rah-rah skirts!! We teach a kind of "Street Salsa" the authentic **Cuban casino style**, as danced in Havana, and **Rueda Cubana (Cuban Wheel)** also called Rueda de Casino which is just Cuban Salsa danced in a circle with all the couples doing the same moves in response to a caller's commands, partners are change continuously in a funky way.

We teach every movement with their proper names in Spanish in a way that is easier to remember and they can also be incorporated on the Rueda Cubana. All the basic moves have the same names worldwide which allow you to join a wheel wherever salsa club you go, meeting new people in a great and easy way. Each instructor creates new movements and names them too.

Which level shall I do?

We have recently introduced the following moves guide to help you however instructors may incorporate additional moves depending on the general student's level on the day.

Beginners Level 1: (do not get scare by the names, everything is easy and fun!!)

- Basis Steps (On the spot, travelling, backwards, side to side, forward and back)
- Social dance position, basic holding & leading
- Para Arriba, Para Abajo, Al Centro, Al tiempo
- Un tarro (hombre-mujer)
- Casino Step
- Aspirina (Laura), Alarde (single & double)
- Dile que no
- .All kind of combinations and variations from the above.

Beginners Level 2:

- Basis Steps (back cross together, Cuban and online turns walk around the world...)
- Enchufla (y dame)
- Dame
- Una con una (con dos)
- Pelota (1,2)
- Ni pa ti ni pa mi
- Un tarro sin soltar
- All kind of combinations and variations from the above.

Improvers Level 1:

- A lo amaericano/a
- Enchufla doble / Enchufla al centro / Principe malo / Principe bueno
- Sombrero
- Prima / Prima con la hermana
- Prima con la hermana y toda la familia
- Enchufla a lo moderno
- Vacilala
- Echeverria
- Dedo
- Paseala
- Enroscate
- Policia
- All kind of combinations and variations from the above.

Improvers Level 2:

- Sombrero doble / Sombrero con mambo
- Dedo complicado
- 70
- 1 con 3, 1 con 4, 1 con 5
- Dame dos (con 2,3,4,5)
- Bajala, Sacala
- Pelota (3, festival)
- Pelota para arriba,
- Dame para arriba
- Echeverria con vuelta
- Cero (hombre, mujer)
- A lo continuo
- Vacila con ella / con vuelta
- Doble Play
- Amantecado
- Addition of the Cuban style tap on Dile que no and Casino step
- All kind of combinations and variations from the above.

Intermediates:

- 70 complicado
- 70 a mi gusto
- Paseala por detras (por arriba, por abajo)
- 80
- Patin (hombres, mujeres)
- Pancake/ pa la vecina
- Coca Cola
- Kentucky
- Malecon
- Chocolate
- Festival de Pasealas
- 2 Alardes
- Burlate
- Triple play
- Fly 3
- Pa fuera
- Enchufal como Isaac / Medico de la Salsa / Paulito /
- Enchufal Triple / con clave
- Rueda Basic Commands
- Additional moves depending on the student's level on the day.

Advances:

- All other moves as 70 y especula, a lo Cubano, Bayamo /al reves, Mariposa, 80 complicado, 70 requetecomplicado, Patin doble, Embrujala, enchufala a lo Bamboleo and many, many more...
- **NEW!! You can check new weekly movements on our Face book group: Cubaneando!**

When shall I move to the next level?

As soon as you feel confident with most of your level moves, feel free to ask any of the instructors for advice, but make sure you always have fun and enjoy without any worries when making mistakes