

Salsa Rueda Classes Curriculum & Description of Basic Moves

Key	
Leaders - Leader , Followers - F	Right hand to right hand (R to R), Left hand to left hand - (L to L)
Right – Rt, Left - Lt	Leaders right hand to the followers left (R to L) or left hand to right (L to R)
Right hand – RH, Left hand – LH	Leaders right hand to the followers left (R to L) or left hand to right (L to R)
Right foot – RF, Left foot – LF	Right arm – RA, Left arm – LA

'Salsa Rueda Santa Cruz': Basic Arm Positions Salsa Rueda

<i>Name of Position</i>	<i>Description</i>
guapea position/parallel arms	(Left to Right) and (Right to Left). Leader is on the Right side of Follower and for this position the Leader and Follower are facing each other holding hands around waist level.
pa'l medio position	The Leader is on the Left side of the Follower and the Leader and Follower are facing each other. The Leader has the Right Hand behind the back of the Follower, Follower's Left Hand is on the Right shoulder of the Leader. The Leader is holding the Right Hand of the Follower with elbows bent upwards and palms and elbows are touching. You should be making an "L" shape with your arms.
cross handed	Couples facing each other, arms crossed with Right Hand's on top.
sombrero arms	Couples are side to side and Leader is to the Left of the Follower. Leader has Left Hand behind own head holding Left Hand of the Follower. Leader also has Right Hand behind the head of the Follower holding the Right Hand of the Follower.
gancho	Leader's elbow comes up and over the upper arm of the Follower. (Left to Right) or (Right to Left). From the gancho position never lead a turn by pushing from your elbow. Lift your elbow and lead with your hand.

'Salsa Rueda Santa Cruz': Basic Turns Salsa Rueda

<i>Name of Turn</i>	<i>Description</i>
Right turn	The Leader or Follower turn towards their Right shoulder
Left turn	The Leader or Follower turn towards their Left shoulder.
Double turn	Two turns instead of one.
Cross body lead - CBL	Follower begins on the Right side of the Leader. Leader leads Follower to do a Left Turn crossing in front of the Leader switching sides.
Right pivot turn - RPT	Step the Left Foot into the circle on beat 1 and turn a quarter turn to the right while leaving your Right Foot on the circle line. Your Right Foot will pivot slightly to the Right, hence the name of the turn. Your weight shifts to the Right Foot so that by beat 2 you are turning to your Right with your weight on your Right Foot which is on the circle. To finish the turn you spin to the Right on your Right Foot so that on beat 3 you can shift your weight onto your Left Foot as you are facing the inside of the circle.
Left pivot turn - LPT	Same as above except you begin with your Right Foot and turn to the Left

'Salsa Rueda Santa Cruz: Introduction Class

This class for anyone interested in learning Salsa Rueda that have not danced any form of Salsa before.

<i>Salsa Rueda Move Name</i>	<i>Move Description L=Leaders, F=Followers</i>
pa'l medio	Pa'l medio position. Together the couples lean outside the circle while tapping their inside toes on beat 1 and then inside the circle on beat 5 while tapping their outside toes.
caminamos (pa'arriba)	Using pa'l medio position the couples are "walking" counter clockwise around the circle. The Leader is going forward and Follower is going backward.
caminamos (pa'abajo)	The same as above only the couples are moving clockwise around the circle. The Leader is moving backward and the Follower is moving forward.
un tarro (hombres, mujeres)	While doing caminamos pa'arriba the Leader moves ahead on the inside of the circle to the next Follower while the everyone continues to move in the same direction. While doing caminamos pa'abajo the Follower advances to the next Leader moving around the outside of the circle.
dos tarros	The same as the previous move except the Leader or Follower advance two places instead of one.
una mentira	From the guapea position the Leader does a Right into the circle under their own RA then returns to the Right side of the Follower.
llevala pa'abajo	Begin in pa'l medio position. Instead of the basic salsa step the Leader crosses in front of themselves on 1 & 5 towards the Follower. The Follower crosses in back of themselves on 1 & 5.
Exhibela	Begin in pa'l medio position. The Leader leads the Follower with Left Hand in a RPT into the circle. The Leader can give a gentle push to the Leader shoulder of the Follower to indicate that the turn is to be done into the circle.
dos y una	Three exhibelas in a row
dile que no (dqn)	Begin in pa'l medio position. The Leader steps with their LF into the circle slightly towards the F on 1. The Follower steps back at the same time with the RF. The Leader leads the Follower with the RH behind the waist In a full turn to the Left crossing in front of the Leader The Follower should end up on the Left side of the L.
guapea	Parallel hands, Leader on the Left side of the F, couples are facing each other. On beat 1 both Leader and Follower release the inside hands and step outside of the circle. Simultaneously the Leader leads the F's Right Hand in a swinging motion toward the outside of the circle. On 2,3 & 4 both Leader and Follower step back onto the circle line and on beat 5 they both step toward each other and meet the palms of the hands.
suena	This literally means sound. Basically everyone stamps their inside feet on beat 5 into the center of the circle and holds for 2 counts.
con bulla	Suena done w/ a shout

Continuation of: **Introduction Class**

dame (una, dos, ...)	Dame is when the Leader advances to the Follower to the Rt. Both Leader and Follower use the footwork for dqn.
enchufla	From guapea the Leader steps back on 1 and leads the Follower w/Left Hand in a 1/2 LT crossing in front of Leader. On 5,6, 7 the Follower stays in place while the Leader passes in front to the next Follower.
enchufla pero no dqn	This is enchufla w/o the dqn. After the turn the Follower remains to the Right of the Leader. The Leader leads the Follower in caminamos.
enchufla doble	Just like enchulfa except instead of directly moving on the next person the Leader leads the Follower back under their Leader arm on 5,6,7. From there do regular enchufla.
enchufla p'al medio con dos	Begin like enchufla. On 5,6,7 the Leader begins to pass in front of the F. The Leader lets go of the follower's hand and on beat 1 claps 2X into the circle while traveling to the Right side of the Follower. On beat 1 the leaders are stepping into the circle w/ the LF and the Follower's are stepping back on their RF. When the F's enter the circle on beat 1 they also clap twice. After that everyone continues to go in and out of the circle, Leaders's and Follower's alternating places until the next call.

'Salsa Rueda Santa Cruz': Beginners Class

This class is for those who are familiar with the Salsa Rueda moves from the Introduction class.
The beginners class of "Salsa Rueda Santa Cruz" will focus on following moves:

<i>Salsa Rueda Move Name</i>	<i>Move Description L= Leaders, F=Followers</i>
festival de enchufla (con vuelta)	Three enchuflas in a row. On beat 1 of each cycle as you begin the dqn you clap. First time you clap once, the second time clap twice, and the third time you clap three times.
dame una con una ... (dos con dos)	The same as dame except there is a clap on beat 6 right before the dqn. The first number tells the Leader how many F's over and. the second number refers to the number of claps.
la flor	Begin w enchufla pa'l medio con dos. L's begin on beat 1 by bringing the arms toward the ground and then raising them up over and behind the head like a blossoming flower as they back out of the circle. On 5,6,7 when the followers are in the circle they begin the same motion.
pasala con los manos	All facing the center of the circle, L's and F's alternating places as in la flor but holding hands. After the call the L's go into the circle on 1,2,3 and on 5,6,7 as the L's back out of the circle they lead the F, who is on the Rt. in a LT crossing in front to the other side.
dame con guaperia	After quapea L's and F's drop hands and on beat 1. Both step into the circle back to back. Leader use LF and F's use RF. On 2,3 both step back on the circle line. On 5,6,7 both do a pivot turn towards each other. Follower (RPT) and Leader (LPT).
enchufla (con vuelta)	Enchufla, but as the L's cross in front of the F's, right before the dqn the Leader dos a LT.
pelota loca	stamp, clap, /stamp, clap,/ stamp, clap, clap, clap
Adios	After guapea the Leader hold hands (L to R) and turns with the Follower to the Rt. After the L goes all the way around with the F the Leader goes underneath their own Leader arm. Dame
adios (con vuelta)	Adios as usual just add the LT for leaders
festival de adios (con vuelta)	Adios 3 X with claps and the LT for leaders
Evelyn	Begin (L to R). This is a RHT for the Leader done on 5,6,7. Keep arms low. During the turn the Leader switches hands behind the back to (R to R). Then dqn as usual.
flamenco	enchufla, Evelyn, exhibila
guerrillero	
cerrucho	
sombrero	Begin in cross handed position R hands on top. Leader leads the Follower in a two handed turn to the R crossing in front of the Leader
medio sombrero	Sombrero with one hand
enchufla y casate	enchufla, end with arms crossed in front walking counter clockwise, side to side.
dame con sopresa	dame. Then the Follower leads the Leader on 1,2,3 in a cross body lead. On 5,6,7 Leader finishes with the cross body lead.
enchufla pa'arriba	Regular enchufla except the Leader moves the Follower on the Leader. By 7 the leader should be on the Left side of the new follower ready for dqn.

Intermediate I	Intermediate II	Advanced
<p>Prerequisite: The skill requirements to move to the Intermediate I class is the list of the moves taught in the Beginners class.</p> <p>What you will learn: The Intermediate II class of "Salsa Rueda Santa Cruz" will focus on at least following moves:</p>	<p>Prerequisite: The skill requirements to move to the Intermediate II class is the list of the moves taught in the Intermediate I class.</p> <p>What you will learn: The Intermediate II class of "Salsa Rueda Santa Cruz" will focus on at least following moves:</p>	<p>Prerequisite: The skill requirements to move to the Advanced class is the list of the moves taught in the Intermediate II class.</p> <p>What you will learn: The Advanced class of "Salsa Rueda Santa Cruz" will focus on at least following moves:</p>
enchufla con candado	montana russa	la Jenny
veintidos (22)	sententa y cuatro (74)	paseala y complicate
pa'abajo de verdad	trenta y tres (33)	sabor
danilo	coca cola con mano	dedo saboreado
Televisor	coca cola pa'fuera	ponele sabor miame version
danilo y dame	dedo guarapo y botala	three-way stop
sombrero doble	dedo con alarde	el atrevido
vacilala	noventa (90)	el Zorro
vacilense los dos	balsero	la Jenny complicada
vacilon	beso	remolino
cero (0)	abrazala	setenta (70) complicada, al derecho y al reves
cero pa'rriba	abanico	Setenta (70) complicada, con gancho
el uno (1)	sombrero doble Miami	setenta (70) nuevo
el dos (2)	tropicana	sombrero complicado
mambo	setenta Miami	window
la botella, la tapa	setenta complicado	el sueter
kentucky	hueco	el uno complicado (1)
setenta (70)	siete con coca cola	huracan
setenta y uno (71)	siete moderno	Jackie Chan
setenta y dos (72)	doce (12)	Kentucky complicado

Continuation of Salsa Rueda Class Moves Intermediate I, II and Advanced

Intermediate I	Intermediate II	Advanced
coca cola	la complicada	la cuadra
diet coke	sombrero por debajo	rubenada
sencillo	cambia el paso	rubenada complicada
candado	sambuca	siete (7) loco.....complicada
siete (7)	kiwi	candado complicado
cuarenta y cuatro (44)	coca cola unisex	sombrero doble complicado
Juana la Cubana	sententa omar	sabor complicado
la russa	consorte	ochenta y cinco
dedo	guarapo largo	beso por debajo
paseala....por arriba	cadena	setenta (70) por debajo
dame con carruca	pasea por el parque	melon
	sandoga	bebe
	siete sesenta (7, 60)	dedo saboreado
		adios largo

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