



The Rockin' Horse Dance Barn

11820 150th Ave SE, Renton, WA 98059

Salsa

(Updated Jan 2011)

Level 1a

- Basic
 - Stationary
 - Progressive
 - Guapeo
- Side Breaks (Cucarachas)
- Underarm Right Turn
 - Follow's
 - Lead's
 - w/Hand change behind back
 - w/Off the shoulder
 - Alternating
- Back Breaks
 - Regular
 - w/Follow's Left Turn
 - w/Lead's Left Turn
 - Alternating (Lady then Man)
 - w/Follow's Right Turn
- Cumbia Steps (5th Position Breaks)
 - In Closed
 - In Open
- Cross-body Lead (Dile Que No)
 - In Closed
 - w/Follow's Inside 1½ (Coca-Cola)
- Catch the Back (Two Way Underarm)
 - Regular
 - w/ Right Turn Ending
 - w/Left Turn Ending
 - w/Hand-change & Arm Styling

Level 1b

- Basic
 - Stationary
 - Progressive
 - Rotating
- Underarm (Broken) Left Turn
 - Follow's
 - Lead's
 - w/Hand change behind back
 - w/Off the shoulder
 - w/Styling (Free spin w/Snake)
 - Alternating
- Crossover Breaks
 - Regular
 - w/Follow's Right Turn
 - w/Walk-around Turn
- Cross-body Lead (Dile Que No)
 - In Open (Two Hand Hold)
 - Regular
 - w/Follow's Inside 1½
 - Handshake Hold
 - Regular
 - w/Follow's Inside 1½
 - In Closed
 - Shoulder Lead
 - Waist Hold