



# The Rockin' Horse Dance Barn

11820 150th Ave SE, Renton, WA 98059

## Salsa

### Level 1a

- Basic
- Progressive Basic
- Side Breaks
- Underarm Right Turn
  - Lady's
  - Man's
  - w/Hand change behind back
  - w/Off the shoulder
  - Alternating
- Back Breaks
  - Regular
  - w/Lady's Left Turn
  - w/Man's Left Turn
  - Alternating (Lady then Man)
- Cross-body Lead
  - In Closed Position
  - w/Lady's Inside Turn (1½)
- Catch the Back (Two Way Underarm)
  - Regular
  - w/ Right Turn Ending
  - w/Left Turn Ending
  - w/Hand-change & Arm Styling

### Level 1b

- Basic
- Progressive Basic
- Side Breaks
- Underarm (Broken) Left Turn
  - Lady's
  - Man's
    - w/Hand change behind back
    - w/Off the shoulder
    - w/Styling (Free spin w/Snake)
  - Alternating
- Crossover Breaks
  - Regular
  - w/Lady's Right Turn
  - w/Walkaround Turn
- Cross-body Lead
  - Two Hand Hold
    - Regular
    - w/Lady's Inside Turn (1½)
  - Handshake Hold
    - Regular
    - w/Lady's Inside Turn (1½)
  - In Closed Position
    - Shoulder Lead
    - Waist Hold