

SALSA RUEDA

PRESENTED BY

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FRIDAY

**Entra
Pasala Con Las Manos
Hombres Derecha
Pasala Con Las Manos/with
Hombres Derecha
Hombres Cero
Mujeres Derecha
Vente Dos
Ocho
La Rosa**

SATURDAY AM

**Guapea
Un Fly
Dame
El Uno
Kentucky**

SATURDAY PM

**Son Montuna
Hombres un Tarro
Exhibela
Dile que No
Dos y Una
Enshufla Pero No**

Styling Points:

Keep step sizes small
Always start with the toes
Ideally heels should never touch the ground
Keep knees bent
Always change weight on 1 2 3, 5 6 7.
Always pause on beats 4 and 8
Ladies make sure arm goes straight up to avoid hurting partner
No thumbs
Men's palms face down
Ladies' palms face up

Entra (Circular Basic)

Men

Count Pattern

- 1 Forward on left foot (put weight on it)
- 2 Replace weight on right foot without moving
- 3 Left foot back together
- 4 Pause
- 5 Back on right foot
- 6 Replace weight on left foot without moving
- 7 Right foot back together
- 8 Pause

Ladies

Count Pattern

- 1 Back on right foot (put weight on it)
- 2 Replace weight on left foot without moving
- 3 Right foot back together
- 4 Pause
- 5 Forward on left foot
- 6 Replace weight on right foot without moving
- 7 Left foot back together
- 8 Pause

Pasala Con Las Manos (Pass the Ladies)

Men

Count Pattern

- 1 All footwork same as entra
- 2
- 3
- 4 Lead ladies to twist to left
- 5
- 6 Lead ladies across
- 7
- 8

Ladies

Count Pattern

- 1 Same as Entra
- 2
- 3 Right foot moves forward instead of together
- 4 Twist to left
- 5 Step in front of partner
- 6 Turn 90 degrees to face partner
- 7 Turn 180 degrees to face center and end up left of previous partner
- 8 Pause

NOTE: This step repeats until the call: ***ie no mas*** (that's it, no more)

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Hombres Derecha (Men to the Right)

Men

Count Pattern

- 1 Go into circle with left foot crossing towards right

- 2 Big side step past partner on right
- 3 Back step (left foot) on circle
- 5-7 Entra

Ladies

- Count Pattern**
8. Entra

Pasala Con Las Manos / with Hombres Derecha

NOTE: This is a call within a call. Derecha is done only once.

Men

Same as Hombres Derecha (but watch out for passing ladies)

Ladies

Continue with Pasala Con Las Manos (but watch out for traveling men)

Hombres Cero (Men Zero)

NOTE: Step is done with no hands held.

Men

- Count Pattern**
1-8 6 forward steps around partner on right. End up in starting position.

- 1 Forward on left foot
- 2 Without picking feet from floor, turn to right facing out of circle
- 3 Keep right foot on floor, turn 180 degrees to face in circle
- 4 Pause
- 5 Hook right foot behind left foot
- 6 Turn to right in place, step on left foot
- 7 Keep turning and step on right foot, End up facing center
- 8 Pause

Ladies

- Count Pattern**
1-8 Entra
8. Entra

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Mujeres Derecha (Ladies to the Right)

Men

- Count Pattern**
1-8 Entra footwork

Ladies

Count Pattern

- 1-3 Entra footwork
- 5 Go into circle with left foot crossing towards right
- 6 Big side step past partner on right
- 7 Back step (left foot) on circle

Vente Dos (Twenty-Two)

Men

Count Pattern

- 1-8 Hombres Derecha - Mujeres Derecha
- 1-8 Hombres Derecha - Mujeres Derecha
- 2 x (1-8) Hombres Cero

Ladies

Count Pattern

- 1-8 Hombres Derecha - Mujeres Derecha
- 1-8 Hombres Derecha - Mujeres Derecha
- 2 x (1-8) Hombres Cero

La Rosa (The Rose)

Entra footwork, no modification

Men

Count Pattern

- 1 Bend knees and body hands stretched towards center. Clap
- 2 Start bringing hands up
- 3 Hand above head and straighten body

- 5-7 Entra

Ladies

Count Pattern

- 1-3 Entra
- 5 Bend knees and body hands stretched towards center
- 6 Start bringing hands up
- 7 Hand above head and straighten body

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Guapea (Handsome)

Men

Count Pattern

- 1 Back on left foot (put weight on it)
- 2 Replace weight on right foot without moving
- 3 Left foot back together
- 4 Pause
- 5 Diagonal forward on right foot

- 6 Replace weight on left foot without moving
- 7 Right foot back together
- 8 Pause

Ladies

Count Pattern

- 1 Back on right foot (put weight on it)
- 2 Replace weight on left foot without moving
- 3 Right foot back together
- 4 Pause
- 5 Straight forward on left foot
- 6 Replace weight on right foot without moving
- 7 Left foot back together
- 8 Pause

Un Fly (Fly Ball in Baseball)

Men

Count Pattern

- 1-6 Same as Guapea
- 7 Face center
- 8 Twist to right about 80 deg,
- 1 Freeze feet, clap
- 2 Freeze feet. Twist back to center
- 3 Freeze feet. Keep twisting towards partner
- 4 Pause
- 5-8 Same as Guapea

Ladies

Count Pattern

- 1-6 Same as Guapea
- 7 Face center
- 8 Twist to left about 80 deg,
- 1 Freeze feet, clap
- 2 Freeze feet. Twist back to center
- 3 Freeze feet. Keep twisting towards partner
- 4 Pause
- 5-8 Same as Guapea

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Dame (Gimme Another)

Men

Count Pattern

- 1-8 Same as first part of Un Fly
- 1-8 Dile que no

Ladies

Count Pattern

- 1-8 Same as first part of Un Fly
- 1-8 Dile que no

El-Uno (Number One)

Men

Count Pattern

- 7 Change hands right to right (end of Guapea)
 - 1 Rock back on left foot
 - 2 Replace weight on right foot while turning towards center. Right hand comes straight down
 - 3 Big side step with left foot to other side of partner. Get hold of left hand (left to left)
 - 5 Rock back on right foot
 - 6 Replace weight on left foot while turning towards center
 - 7 Big side step with right foot to other side of partner, turning slightly to face partner
 - 1 Rock back on left foot
 - 2 Replace weight on right foot while turning towards center. Right hand starts coming up
 - 3 Big side step with left foot to other side of partner. Right hand goes over partner's head
 - 5 Rock back on right foot. Both hands go down
 - 6 Replace weight on left foot but stay in place. Both hands start coming up
 - 7 Feet together. Right hand goes over partner's head, Left hand goes over your head
- 1-8 Dile que no

Ladies

Count Pattern

- 7 Allow man to change hands right to right
 - 1 Rock back on right foot
 - 2 Replace weight on left foot while turning towards center
 - 3 Big side step with right foot to other side of partner allowing man to take left hand in hammerlock
 - 5 Rock back on left foot
 - 6 Replace weight on right foot while turning towards center. Right hand comes straight down
 - 7 Big side step with left foot to other side of partner. End up in hammerlock. Turn slightly to face partner
 - 1 Rock back on right foot
 - 2 Replace weight on left foot while turning towards center
 - 3 Big side step with right foot to other side of partner and right hand come over your head
 - 5 Rock back on left foot
 - 6 Replace weight on right foot while turning towards center. Right hand comes straight down
 - 7 Feet together. Right hand goes over your head. Left hand goes over man's head
- 1-8 Dile que no

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Kentucky (Fried Chicken)

Men

Count Pattern

- 5 Same footwork as guapea but hold on to partner's left hand
6
7
Lady's inside turn
1 Rock back on left foot
2 Replace weight on right foot while turning towards center.
3 Big side step with left foot to other side of partner. Left hand goes over lady's head in cuddle position. Twist slightly towards partner
5 Rock back on right foot
6 Replace weight on left foot while turning towards center.
7 Big side step with right foot to other side of partner, turning slightly to face partner. Left hand goes towards partner's neck
- 1 Rock back on left foot
2 Replace weight on right foot while turning towards center.
3 Big side step with left foot to other side of partner. Right hand goes over partner's head and into your elbow forming "Italian salute". Twist towards partner
5 Hook right foot behind left foot. Keep "Italian Salute" for arms. Start turning to the right
6 Step towards the outside of the circle in the right direction, sliding right arm to your neck, while left hands starts going over your head
7 Step toward center of circle completing "noose" around neck, so right arm is in front of you, and hand is on your right shoulder
1 Let go partner with right hand and put right hand behind her back
1-8 Dile que no

Ladies

Count Pattern

- 5 Allow man to keep your left hand
6
7
Footwork same as EI-Uno
1 Rock back on right foot
2 Replace weight on left foot while turning towards center
3 Big side step with right foot to other side of partner in cuddle. Twist slightly toward partner
5 Rock back on left foot
6 Replace weight on right foot while turning towards center.
7 Big side step with left foot to other side of partner. End up in neck hold. Turn slightly to face partner
- 1 Rock back on right foot
2 Replace weight on left foot while turning towards center
3 Big side step with right foot to other side of partner. Twist slightly toward partner
5 Small rock back on left foot
6 Weight back on right foot
7 Feet together.
1-8 Dile que no

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Son Montuna (Salsa Basic)

Men - face counter clockwise

Count Pattern

- 1 Forward on left foot (put weight on it)
- 2 Replace weight on right foot without moving
- 3 Left foot back together
- 4 Pause
- 5 Back on right foot
- 6 Replace weight on left foot without moving
- 7 Right foot back together
- 8 Pause

Ladies - face clockwise

Count Pattern

- 1 Back on right foot (put weight on it)
- 2 Replace weight on left foot without moving
- 3 Right foot back together
- 4 Pause
- 5 Straight forward on left foot
- 6 Replace weight on right foot without moving
- 7 Left foot back together
- 8 Pause

Exhibela (Show Her Off)

Men - face counter clockwise

Count Pattern

- 1 Forward on left foot (put weight on it)
- 2 Replace weight on right foot without moving
- 3 Left foot back together. Lead lady to face center of circle
- 4 Pause
- 5 Back on right foot. Lead lady to step into circle
- 6 Replace weight on left foot without moving. Let go of her back
- 7 Right foot back together
- 8 Pause

Ladies - face clockwise

Count Pattern

- 1 Back on right foot (put weight on it)
- 2 Replace weight on left foot without moving
- 3 Twist towards center of circle, and step on right foot.
- 4 Pause
- 5 Step towards inside of circle with left foot
- 6 Replace weight on right foot and turn body to face outside, but don't move the feet
- 7 Keep turning to face partner, get back to dance position and step on left foot
- 8 Pause

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Hombres Un Tarro (Horn)

Men - face counter clockwise

Count Pattern

- 1 Forward on left foot (put weight on it). Bring right hand down to her waist. Left hand goes over your head
- 2 Replace weight on right foot without moving
- 3 Left foot back together
- 4 Pause
- 5 Back on right foot
- 6 Step forward with left foot past partner, while releasing right hand
- 7 Step forward with right foot to new partner, lowering left hand that was around neck
- 8 Pause
- 1-8 Dile que no

Ladies - face clockwise - same footwork as Son Montuna**Count Pattern**

- 1 Back on right foot (put weight on it)
- 2 Replace weight on left foot without moving
- 3 Right foot back together
- 4 Pause
- 5 Straight forward on left foot
- 6 Replace weight on right foot without moving
- 7 Left foot back together
- 8 Pause
- 1-8 Dile que no

Dile que no (Tell her no)**Men****Count Pattern**

- 1 Right hand on ladies back. Left foot rock forward
- 2 Replace weight on right foot moving slightly back
- 3 Left foot back together
- 4 Pause
- 5 Lead lady across while taking tiny step back with right foot
- 6 Take small step with left foot turning to left leading lady through woosh
- 7 Step together with right foot, ending in Guapea position

Ladies**Count Pattern**

- 1 Left hand goes straight up. Rock back on right foot
- 2 Replace weight on left foot moving slightly into circle
- 3 Right foot back together. Left hand goes on man's shoulder
- 4 Pause
- 5 Forward on left foot facing CW on circle (starting a left turn)
- 6 Big step on right foot to get to other side of man (continuing turn)
- 7 Turn some more to face man

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Dos y Una (Two and One)

Men - face counter clockwise

Count Pattern

- 1-8 Exhibela
- 1-8 Exhibela
- 1-3 Exhibela (first part)
- 4 Pause
- 5 Turn right to out of circle stepping on right foot
- 6 Keep turning to the right 90 degrees
- 7 Turn some more to face center
- 8 Pause
- 1-8 Dile que no

Ladies - face clockwise

Count Pattern

- 1-8 Exhibela
- 1-8 Exhibela
- 1-8 Exhibela
- 1-8 Dile que no

Enchufla Pero No (Connect but no "dile que no")

Men

Count Pattern

- 1 Rock back on left foot
- 2 Replace weight on right foot while turning towards center. Left hand starts coming up
- 3 Big side step with left foot to other side of partner. Left hand goes over partner's head and comes down after changing sides
- 5 Rock back on right foot.
- 6 Replace weight on left foot facing partner
- 7 Get back into dance position

Ladies

Count Pattern

- 1 Rock back on right foot
- 2 Replace weight on left foot while turning towards center
- 3 Big side step with right foot to other side of partner. Turn to face partner
- 5 Rock back on left foot
- 6 Replace weight on right foot while turning towards center.
- 7 Feet together, facing partner

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