

# Salsa

(New York, U.S.A.)

The music and dance origin of salsa is from the Cuba Son. The Cubans and Puerto Ricans living in New York simplified the rhythmic structure, added new melodies and harmonies, and created a new sound they named “salsa.” The basic step is taken from what used to be the New York mambo, with the difference that in mambo, the step begins on ct 2, and in salsa, the step begins on ct 1.

Pronunciation: SAHL-sah

Music:

2/4 meter

Formation: Cpls at random.

Meas

Pattern

## BASIC STEP

Description is given for M; W use opp ftwk and direction.

- 1 Sliding step fwd onto L (ct 1); shift wt back onto R (ct &); step on L next to R (ct 2); hold (ct &).
- 2 Sliding step bkwd onto R (ct 1); shift wt fwd onto L (ct &); step on R next to L (ct 2); hold (ct &).

## VARIATION 1: OURSIDE TURN FOR W

- 1-2 Repeat Basic, meas 1-2.
- 3-4 M steps back on L (ct 1), lifts L arms and gently guides W in one CW turn under his arm. W executes steps turning.

## VARIATION 2: INSIDE TURN FOR W

- 1-2 Repeat Basic, meas 1-2.
- 3-4 M moves L hand to R side of space in front of his face, then lifts hand and guides W in CCW turn under his L arm. W executes steps in place turning CCW; M travels in a circular path to his L, so in actuality, W makes less than a full turn.

## VARIATION 3: MULTIPLE TURNS

- 1-4 Repeat either Variation 1 or 2.
- 5-? M can continue turning W for additional meas, as they both feel comfortable. By keeping his L arm over her head, he signals that he wishes a repetition of the turn. If he brings his arm to normal frame pos, and places R hand on W's back, he signals the end of turning and the variation.

## VARIATION 4: WINDOW

- 1-2 M changes frame to a double hand hold, and slightly increases the distance between ptrs.
- 3-4 M drops WL hand and places her R hand in his R hand. M lifts R hand, joins his L hand with W L hand underneath R hand to form a “window”—R above eye level, L chest level.
- 5-6 M turns W CW one turn, changing L hand to be top arm in “window.”
- 7-8 Repeat meas 5-6, reversing direction and arm.
- 9-10 M leads W in a CW circuit around him by gently pulling her to L side of his body by lifting his R arm over his head in a “lasso” fashion. As W travels behind M's back and to his R side, M's L arm lassos over his head from back to front. During the circuit, M moves fwd on meas 9 and bkwd on meas 10. At end of circuit, W is back facing M and creating arm “window” with hands on top.

## Salsa—continued

- 11-16 Repeat meas 5-10, reversing direction.  
 17-? Repeat pattern as many times as M leads.  
Ending and Back to Frame  
 1 M takes W L hand in his L hand (it should already be there from window variation). M lassos his own head CW, bringing W L hand up and over his head and placing it on the back of his neck, then letting go.  
 2 M rejoins his L hand to W R, reforming frame.

VARIATION 5: WALK AROUND

- 1-2 Repeat Fig III, meas 1-2.  
 3-4 M drops W L hand and takes her R hand in his R hand.  
 5-6 M gently pulls W to the R side of his body and around his back in a CW circuit around him. M lifts his R hand to his R shldr, maintaining the hold of W R hand.  
 7-8 M extends his L hand to L side, offering it to W who is to his L side, and embracing his upper back with her R arm. W places her L hand on M L, and together they wheel in a CW traveling (turning) pattern.

Ending

- 1-2 M drops hold of R hand. W is now free to move in front of him.  
 3-4 M turns W in a CW spin under his L arm. M places W L hand behind his neck (as in Ending for Var 4), and resumes frame.

VARIATION 6: PRETZELThe First Half

- 1-2 Repeat Fig III, meas 1-2.  
 3-4 Maintaining double hand hold, M lifts and turns 1/2 CCW under his L arm, ending with his L hand over his head and his R hand behind his back. Simultaneously, W turns 1/2 CW. ending to L hip of M, her R hand over her head, and L hand to side. Ptrs are “roughly” back to back, L sides together, and looking at each other.  
 5-6 *Gently*, M pulls W to his R hip, moving her behind his back, and ending with his R arm up and L down behind his back.  
 7-8 M makes 1/2 CCW turn, lassoing his R hand (W L) up and over his head to end facing ptr in “normal” double hand-hold pos.

The Second Half

- 9-10 M lifts L hand and turns W 1/2 CCW under arm, moving her to his R hip and lowering his L arm (W R) in front of their bodies. (Sort of a arm criss-cross for the W.)  
 11 M drops L hand hold, spinning W CW away from him.  
 12 M spins W CCW back twd him under his R arm.  
 13-14 M uses L hand to take W L, lassos it up over his head to back of neck, and resumes frame.

VARIATION 7: OPEN W TO SIDE

- 1-2 Repeat Basic, meas 1-2.  
 3 M pushes W to his R side, releasing his L hand hold.  
 4 M pulls W back to facing him, touching M L to W R hand.  
 5-? Repeat meas 3-4 as long as M wishes.