

SALSA BIBLE

for the very beginners



1.0 Version

**2007 KIEL
GERMANY**

Preface

Ladies and gentleman, girls and boys, chicas y chicos!

Dancing is fun. I took salsa lessons at the Kiel University in 2006 and I can assure you that wooden-leg amateurs can learn and enjoy dancing. Obviously, my South-American mates often burst out laughing at me in the beginning. Yep, they did the same later as well. But they also admitted that I improved immensely.

The aim of this book is threefold.

First, I forget extremely fast, and I would like to rely on the excellent long-term memory of computers. Of course, this description provides only simple steps and frames. In fact, this book is rather a salsa cookbook than salsa bible. Dancers have to fill the moves with emotions, mix their spices and feelings to the steps!

Second, I would like to help those very beginners. The good thing about salsa is that you are a student and teacher at the same time. You have to teach your partner or friends!

Third, I hope that this book can be extended. Dear dancing friends help me adding new steps to this book and make it global! Use the framework I set up in this book and send me your favorite moves!

Special thanks to my great salsa partner Malwina! Without you I would have remained the wooden-leg bastard. I thank you my friends: Sidney, Jose and our excellent teachers in Kiel as well because you taught me how to dance smilingly!

So far I have prepared the figures only for the boy's steps. I apologize to the girls. I promise that I will extend the book and present girl's steps in the 1.1 version, Malwina please help me!

Wooden-leg Szilard

Before starting to dance (Jose's advice)

1. The man have to find a partner



2. Before holding the girl's hand the man has to hold her hip



3. Notation

The figures contain little footprints.

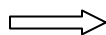
The black is the foot that moves.





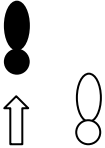
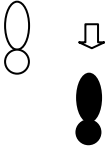
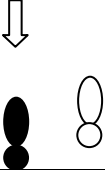

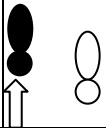
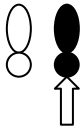
The white foot does not move.




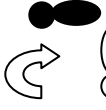
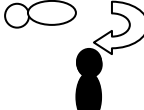
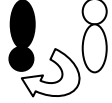



The direction of the steps taken are marked with arrows.




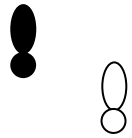
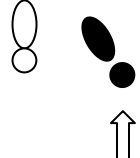

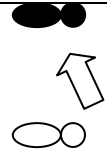
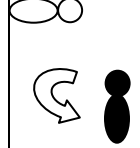
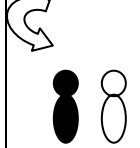
0. Basic step

	0	1	2	3	4	5	6
Picture							
Boy's steps							
	Basic stance	The boy takes a step with his left leg forward.	The right leg steps slightly backwards.	The left leg steps backwards behind the right	Put your weight on the right leg.	The left leg steps forward again	The right leg closes to the right (back to basic stance)




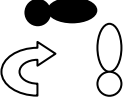
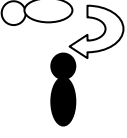
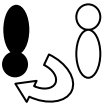


1. Single turn

	0	1	2	3	4	5
Picture						
Boy's steps						
	Basic stance	The boy steps with his left leg to the front and starts turning, keeping the girl's right hand in his left hand.	With the right leg step backwards and continue turning.	Keep turning to the right, the left leg moves.  Change hand, and the boy gives the girl's hand from his right to the left behind the back.	The right leg closes to the left, we arrived to the initial position.	The girl starts her turn, the boy holds her left hand in his right hand as she spins like a hurricane. (Just one turn.)



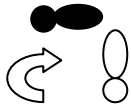
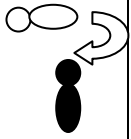
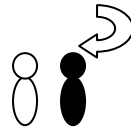
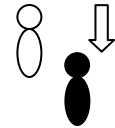
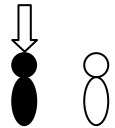
2. Cross body

	0	1	2	3	4	5	6
Picture							
Boy's steps							
	Basic stance	The left leg steps forward to the left	The right leg follows the left, steps forward and turns slightly to left. Lead the girl with the left hand, move it downward before the next move to gain momentum.	The left leg steps to the left and turns 90 degree. Use the left hand to lead the girl. (Optionally the girl can spin 2 times during the 3-6 steps clockwise. In this case the boy holds her right hand.)	The right leg steps aside and turns to left.	Start finishing the move with stepping with the left to the left turning it by 90 degree.	Close the right leg to the left.


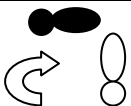
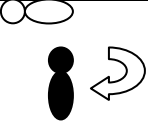
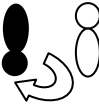

3. Helicopter – single turn






	0	1	2	3	4	5
Picture						
Boy's steps						
	Basic stance	Start with the simple single turn! The boy steps with his left leg to the front and starts turning, keeping the girl's right hand in his left hand.	With the right leg step backwards and continue turning.	Keep turning to the right, the left leg moves. ⚠️ Here is the difference. Do not change hands! The boy keeps holding the girl's right hand in his left hand.	The right leg closes to the left, we arrived to the initial position.	⚠️ The girl does not turn. Instead, the boy starts to make a helicopter move with his right hand (vertically and clockwise). When his right arm touch the right arm of the girl he releases the girl's hand and finish the helicopter together. (After the helicopter do a basic step or start with an open up. See later what is an open up.)

4. Half – single turn





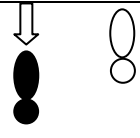
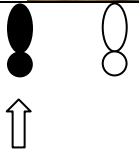

	0	1	2	3	4	5
Picture						
Boy's steps						
	Basic stance	Start with the simple single turn. The boy steps with his left leg to the front and starts turning, keeping the girl's right hand in his left hand.	Take a step backward with the right leg and continue turning.	Keep turning. Here is the difference. Only close the left leg to the right leg and do not turn further.	The boy steps one with the left forward, to gain some moment.	The right leg closes to the left, while the girl goes around the boy at his left side with a turn. The boy helps the girl's turn by pulling her right hand with his left. After the girl got the initial pull she spins clockwise. Finally the partners face each other, but they turned 180° .


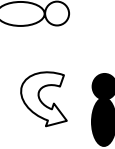
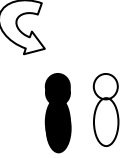

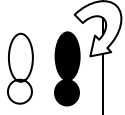
5. Neck breaking – single turn

	0	1	2	3	4
Picture					
Boy's steps					
	Basic stance	Start with a simple single turn! The boy steps with his left leg to the front and starts turning, keeping the girl's right hand in his left hand.	With the right leg step backwards and continue turning. 🖐️The boy keeps the girl's right hand above his head.	The boy keeps turning to the right and the left leg steps. 🖐️The boy keeps the girl's right hand above his head.	The right leg closes to the left, we arrived to the initial position. 🖐️The boy puts the girl's right hand on his right shoulder.





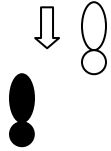
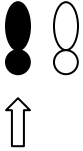
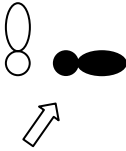

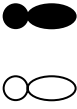
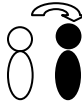
	5	6a	6b	7
Picture				
Boy's steps				
	The boy bends his neck and back and moves his head below the arm of the girl. No leg moves.	Boys right leg steps forward to and the foot turns 90 degree anticlockwise.	Boy takes a step with the left leg. Also, the foot kick slightly in the air, as the weight moves on the right leg.	The left leg closes to the right.

6. Double hand spinning




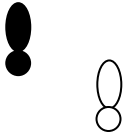


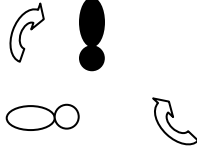


	0	1	2	3
Picture				
Boy's steps				
Basic stance		<p>The hands cross, the boy holds the girls right hand in his right hand and her left hand in his left.</p> <p>Start with a basic step and then open up. (Open up refers to the very first step after the basic step. 🖐️But the boy steps backwards instead of forward! This helps the dancers to gain momentum.)</p>	<p>The boy steps back. Using the momentum of the open up the girl starts to spin clockwise. The dancers hold each others hand above the head of the girl. To allow the girl spinning twice without any serious injuries the boy releases the right hand of the girl for a second.</p>	<p>Cross body. (The first two steps are not detailed here, see above at the description of the cross-body steps.) The boy leads the girl with slightly pulling the girl's hand downwards as he steps and turns to the left.</p>


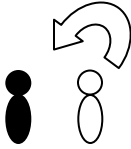
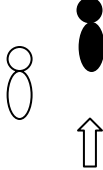
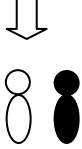
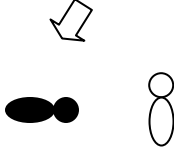
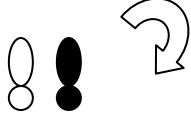
4	5	6	7	8	9
					
<p>After gaining momentum from the pull, the boy steps further with his right and starts to pull the girls hands to the right and upwards, helping her starting to spin anticlockwise.</p>	<p>The girl spins, while the boy takes the last two cross body steps.</p>	<p>The girl spins, while the boy takes the last two cross body steps.</p>	<p>The boy starts a half turn with his left (turn left). Hands are still crossed and the boy bends his back and moves below the crossed arms.</p>	<p>The right leg finishes the half turn.</p>	<p>After finishing his turn the boy uses his spin and starts to spin the girl again anticlockwise. Hands are still crossed, and the couple arrives back to the basic stance.</p>


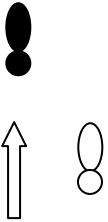
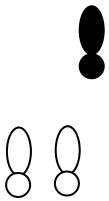
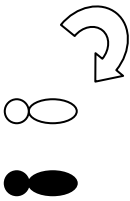

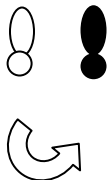
7. Easy-thing

	0	1	2	3	4	5	6
Picture							
Boy's steps							
	Basic stance	Start with an open up. (See above at point 6.)	The boy takes a step forward.	The boy takes a step to the right.	The boy closes his left leg to the right. Then he pulls the left shoulder of the girl with his right to help her turning. The girl goes around him and at the end they face the same direction, the girl stands at the boy's right hand side.	The boy takes two additional steps (right and left), without moving. The boy hugs the girl with both hands, they face each other and pulls her down to his left knee as he takes the step with the left leg.	The boy turns 90° to the right with two steps (right, left) and helps the girl to stand up. The girl finishes the move with a clockwise turn.

8. Complicated-thing

	0	1	4	5	6	7	8
Picture							
Boy's steps							
	Basic stance	Start with a cross body (See the steps 1-3 at Point 2.) 🖱️The difference is that the girl turns anticlockwise. The couple holds each others hand above the hand.	At the 4 th step of the cross body the partners face opposite directions, stand next to each other holding the hands behind the girl's back.	🖱️Here follows the complication. The boy put weight on his left leg.	The boy steps with his right leg to the right and turning his feet 90° to the right.	The boy closes his left leg to the right. Hands above	The boy steps backwards to the left to gain momentum .

	9	10	11	12	13
Picture					
Boy's steps					
	The boy puts the weight on the left leg and turns 180° left.	Open up.	Step back.	Right leg forward and to the right.	Left leg follows the right and the boy turns further and puts the girl's right hand with his left hand on his right shoulder.

	14	15	11	12	13
Picture					
Boy's steps					
	The couple looks at the same direction, the girl is behind the boy. The boy takes one step forward with the left leg.	Then the boy kick in the air with his right leg and pulls the girl's right hand with his right hand.	The boy pulls the girl further and turns 90° to the clockwise putting down the right foot after the kick. The girl turns as well they look at the same direction. They hold each others hand.	The couple puts the right hands in the air and the left hands below. Also, they bend their right knees.	The couple turns anticlockwise (the boy only 90° and the girl 270°) so the couple faces each other again. The boy holds the left hand of the girl above her head with his left hand and helps her arriving back in the initial position with a single turn.