

SIT I: Orientation & Fundamentals **SIT is 4 weeks total. You will be here 1 week**

Introduction

Frame: Egg, 3 Points of Connection: Pistol Grip, Tension

Salsa Basics:

Basic Step

Lead Back on Left
Follow forward on Right

Cross Body Lead:

Open Door---->Closed Door
Open on 7.
Out of the Way 1,2.
Close on 3.
Basic Step 5,6,7.

SIT I-Week 2: **Cross Body Variations**

You will be here 1 week

Review

Basic Step

Cross Body Lead

5 Points of Connection
3 Points of Connection

Introduction

To “Closed” Position

3	4	5
Flick	Alpha	Male

To “Open” Position

Linger 1,2,3

SIT I-Week3: **Left Turn Footwork & Cross Body Variations** You will be here 1 week

Review

Basic Step

Cross Body Lead

5 Points of Connection
3 Points of Connection

Intro Left Turns

H
I
S

Left
Break
Turns

H
E
R
S

Intro CBL

Chase Him CBL

“Railroad Arm” Prep
Extend + Switch + Touch on “1”



His Hand(s)

Adoration CBL

(Single Hand)

SIT I-Week 4: **Right Turn Footwork**

You will be here 1 week

Review

Basic Step

Left Turns

Cross **B**ody **L**ead

Chase Him

Adoration

**Review what was
learned last week**

Intro Right Turns

**H
I
S**

**Right
Break
Turns**

**H
E
R
S**

Extend + Switch + Touch on "1"
He "Back Steps" on 6
On Every Arm "Swing Down"

**Students create a
short sequence
and then share
with class.**

Turns of the Week and Down The Body (DTB) Visuals

Turn of the Week

WEEK 1 & 2

	7 High Hand	EYE DROP EYE	7
	5 Shoulders		2

BOUNCE

WEEK 3

	5 Hip	BELLY DROP BELLY	2
	9 Low Hand		2

BOUNCE

Does not Turn Her

WEEK 4

	9 Tail Bone		4
	7 Low Hand		6

LEAD

100% Split Lead

WEEK 5

Review

Dress To Impress

FOLLOW

Down The Body Turns



SIT II-Week 1: Left Break Turns DTB **SIT II is 4 weeks total. You will be here 2 Weeks**

WARM UP:

Salsa Basics
Shine & Styling
Sequence

REVIEW:

- Cross Body & Variations
- Left Turn

DTB:

High Hand
Shoulder
Low Hand

SIT II-Week 2: Left Break Turns DTB

WARM UP:

Salsa Basics
Shine & Styling
Sequence

REVIEW:

- Cross Body & Variations
- Left Turn
 - High Hand
 - Shoulder
 - Low Hand

DTB:

Hip
Waist
Headloop

SIT II-Week 3: Right Break Turns DTB

You will be here 2 Weeks

WARM UP:

Salsa Basics
Shine & Styling
Sequence

REVIEW:

- Cross Body & Variations
- Left Turn DTB
- Right Turn

DTB:

High Hand
Shoulder
Low Hand

SIT II-Week 4: Left Break Turns DTB

WARM UP:

Salsa Basics
Shine & Styling
Sequence

REVIEW:

- Cross Body & Variations
- Left Turn DTB
- Right Turn
 - High hand
 - Shoulder
 - Low hand

DTB:

Hip
Waist
Headloop

TEST TO **CRAWL**

Turns of the Week and Down The Body (DTB) Visuals

Turn of the Week

WEEK 1 & 2

7	High Hand	EYE	7
5	Shoulders	EYE	2

BOUNCE

WEEK 3

5	Hip	BELLY	2
9	Low Hand	BELLY	2

BOUNCE

Does not Turn Her

WEEK 4

9	Tail Bone		4
7	Low Hand		6

100% Split Lead

WEEK 5

Review

Dress To Impress

FOLLOW

LEAD

Down The Body Turns



Crawl I: Left Progressive Turns (CRAWL is 4 months total. You will be here 4 weeks)

Warm Up with Left and Right Turns (DTB)

H
I
S

Left & Right Break Turns

H
E
R
S

Extend + Switch + Touch on "1"
He "Back Steps" on 6
On Every Arm "Swing Down"

Week 4: Test to Crawl II

Intro Left Progressive

H
I
S

Progressive Lefts

Intro Pivots

H
E
R
S

Extend + Switch + Touch on "5"



His Hand(s)

Follow DTB Weekly Turns

Crawl II: Right Progressive & Variations

(You will be here 4 weeks)

Warm Up with Left and Right Turns (DTB)

Week 1:

Review Left Progressives



Extend + Switch + Touch on "5"



His Hand(s)

Week 1:

Intro Right Progressive

Week 2: Bridge Walk Thru

Week 3: Roundabout

Week 4: Demi Rock Step

Follow DTB Weekly Turns

Crawl III: Progressive Variations

(You will be here 4 weeks)

Warm Up with Left, Right Turns &
Progressives (DTB)

Review

Progressive Right

- Bridge Walk Thru
- Round About
- Demi Rock Step

Lead Footwork

Week 1: Slants & Shadow

Week 2: LA Coke

Week 3: Overcoat Strut & Elbow Escort

Week 4: Lead High hand, Headloop turn

Follow DTB Weekly Turns

Crawl IV: Adding STOPS to Progressives (You will be here 4 weeks)

Warm Up with Left, Right Turns & Progressives (DTB)

Review

Footwork

- Slants
- Shadow
- LA Coke
- Overcoat Suit
- Elbow Escort
- Sexy Pizza

Week 4: Test to Walk

Footwork

Week 1: Stops

Weeks 2 & 3:

Stop-Right Progressives

Week 4:

Stop- Right Break Turn

Follow DTB Weekly Turns

Turns of the Week and Down The Body (DTB) Visuals

Turn of the Week

WEEK 1 & 2

7	High Hand	EYE	7
5	Shoulders	EYE	2

BOUNCE

WEEK 3

5	Hip	BELLY	2
9	Low Hand	BELLY	2

BOUNCE

Does not Turn Her

WEEK 4

9	Tail Bone		4
7	Low Hand		6

LEAD

100% Split Lead

WEEK 5

Review
Dress To Impress

FOLLOW

Down The Body Turns



Walk I: Salsa ON 1 & Open Breaks (WALK is 4 months total. You will be here 4 weeks)

Week 1

Review Sit & Crawl (Warm Up)

- Left Turns
- Right Turns
- Left Progressives
- Right Progressives
- Stops

Weeks 2-4

**Review what was learned
the previous week**

Week 4: Test to Walk II

Salsa On 1 and Open breaks

Week 1: Salsa On1

- Crossbody, Left and Right Turns, Progressives

Week 2: Open Break w/ Right Progress

Week 3: Back Spot Turn

Week 4: Variations

- Gas
- Zorro
- Hook Spin

Walk II: BASKETS

(You will be here 4 weeks)

Week 1

Review Walk I

Weeks 2-4

Review what was
learned the previous
week

Basket Variations

Week 1: Plain

Week 2: Basket w/ Prog. Rt. exit

Week 3: Follower's Basket

Week 4: Alternate Ending

Week 4: Test to **Walk III**

Walk III: Cumbia

(You will be here 4 weeks)

Week 1: Review Walk II

Baskets

- Plain
- w/ Prog. Rt. exit
- Follower's Basket
- Alternate Ending

Weeks 2-4

Review what was learned
the previous week

Week 4: Test to Walk IV

Cumbia

Week 1: I go U go

Week 2: Enchufle

Week 3: Wrap

Week 4: Elbow & Walk Thru

Walk IV: Copas

(You will be here 4 weeks)

Week 1: Review Walk III

Cumbia

- I go U go
- Enchufle
- Wrap
- Elbow
- Walk Thru

Copa

- Shadows

Week 4: Test to RUN