

DDD SALSA 10 WEEK BEGINNERS

Time: 4/4

March/07

Count: 1-2-3 (hold 4) 5-6-7 (hold 8); starting on the 1

Very small steps

LF= Left Foot

RF = Right Foot

BASIC LEG MOVEMENT – Man’s timing:

The numbers below represents the beat of the music. Your weight should be on the foot mentioned by the time the beat occurs in the music. “Break” means stepping forward quickly and rocking back. Start with both feet together.

- 1.) Break forward with your Left Foot
- 2.) Rock back onto your Right Foot
- 3) Step back with your Left Foot
- 4.) Shift your weight on to your Left Foot
- 5.) Step back with the Right Foot
- 6.) Rock forward onto your Left Foot
- 7) Step forward with your Right Foot
- 8.) Shift your weight on to your Right Foot

BASIC in closed dance position :

Man: L-forward, R-replace, L-close (1-2-3) R-back, L-replace, R-close (5-6-7)

Lady: R-back, L-replace, R-close (1-2-3); L-forward, R-replace, L-close (5-6-7)

SIDE STEPS in dance position (like Cucarachas):

Man: L-step left, R-replace, L-close (1-2-3), R-step right, L-replace, R-close (5-6-7)

Lady: R-step right, L-replace, R-close (1-2-3), L-step left, R-replace, L-close (5-6-7)

BACK ROCK STEP (like Hand-to-Hand)

Man: L-step back (like “back-break”) opening out, R-replace, L-close, facing her (1-2-3); open up to other side, putting his arm behind her back – R-step back (like “back break”), L-replace, R-close, facing her. (5-6-7)

Lady: mirror starting with R-step back (like “back break”)...

DILE QUE NO (like Cross-Body Lead):

Man: L-forward, R-replace, L-step left, opening body perpendicular to allow her to pass by (1-2-3); R-step on spot (?), L-perpendicular to left, R-close; facing her (5-6-7)

Lady: : R-back, L-replace, R-close (1-2-3); L-forward, passing by him, R-turning perpendicular, L-close, facing him. (5-6-7)

GUAPEANDO

With Single hand hold.

Man: L-step BACK, R-replace, L-close (1-2-3); R-FORWARD with a little lunge & touching with right hand, L-replace, R-close (5-6-7)

Lady: basic step, with little lunge & touching with left hand on the 5

ENCHUFLA DOBLE (like “Stop & Go”)

Man: L-step BACK, R-replace, L-close (1-2-3) He leads by turning her to his right; R-step FORWARD, with hand pressure on her back he leads her back out to facing position, L-replace, R-close (5-6-7)

Lady: R-back, L-forward, R-forward & turning into his right side (1-2-3); L-back break, R-forward, L-forward & turn to face him (5-6-7)

Man: L-step BACK, R-replace, L-close (1-2-3) He leads by turning her to his right; R-step BACK/behind, making ¼ turn, L-side, R-replace (5-6-7). End facing each other, in dance position.

Lady: R-back, L-forward, R-forward & turning into his right side (1-2-3); L-slightly to side, R-close step on spot, L- step on spot (5-6-7)

**DILE QUE NO
GUAPEANDO**

CANDADO DOBLE (like Enchufla or “Stop & Go” in double hand-hold)

DILE QUE NO

GUAPEANDO

ADIOS CON LA HERMANA

Man: L-back, R-replace, L-close (1-2-3); with his right hand on her waist, R-step behind, turning to face her, L-side, R-close (5-6-7)

Lady: R-back, L-replace, R-close (1-2-3) ; L-forward, R-turn, L-close (5-6-7)

ENCHUFILA (2nd part)

Man: L-step BACK, R-replace, L-close (1-2-3) He leads by turning her to his right; R-step BACK/behind, making ¼ turn, L-side, R-replace (5-6-7). End facing each other, in dance position.

Lady: R-back, L-forward, R-forward & turning into his right side (1-2-3); L-slightly to side, R-close step on spot, L-close step on spot (5-6-7)

**DILE QUE NO
GUAPEANDO**

EL UNO

Change hands, right holding right. (Do like Stop & Go in tandem with her back to him)

Man: pulling her right arm, man does ¼, turn and gets behind her (1-2-3); holding both her arms, R-step right, L-replace, R-close (5-6-7)

Lady: R-back, L-forward & turning her back to him on ¼ turn, with arms toned slightly flared from side, R-side (1-2-3); L-back break, R-replace, L-side (5-6-7)

Ronde: (turn his back to her):

Man: still holding both her arms at wrist, L-back break, R-replace, L-side, raising both arms over her head (1-2-3); hands down (5), hands up & man turn his back to her(6), their left hands down and his right hand on his right shoulder holding her right hand (7)

Lady: R-back break, L-replace, R-turn to face him, raising both arms over head (1-2-3); while moving feet on the spot, both hands down (5), both up while he turns (6), right hand holding his right on shoulder (7)

Man: Basic on the spot starting LF (1-2-3, 5-6-7)

Lady: Basic on the spot starting RF (1-2-3, 5-6-7)

Man: Turns to right to face lady (1-2-3), finishes steps on spot (5-6-7)

Lady: Basic on the sport (1-2-3, 5-6-7)

DILE QUE NO

KENTUCKY [Full turn in crossed arms]

Start with Candado Doble in double hand-hold – shoulder – full turn

Man: L-step BACK, R-replace, L-close (1-2-3) He leads by turning her to his right; R-step FORWARD, L-replace, R-close, ending with his left hand on her left shoulder (5-6-7)

Lady: R-back, L-forward, R-forward & turning into his right side (1-2-3); L-back break, R-replace, L-close, with her back to him and left hand on left shoulder (5-6-7)

Man: L-step, R-replace, L-close, raising both arms over her head (1-2-3); hands down (5), hands up & man turns 360 to face her (6-7)

Lady: R-step, L-replace, R-turn to face him, raising both arms over head (1-2-3); while moving feet on the spot, both hands down (5), both up while he turns (6-7), ending in dance position.

CANDADO DOBLE into RONDE [Half turn in crossover arms]

In double hand-hold, do 1-2-3, 5-6-7 of Candado Doble (like “Stop & Go”)

Ronde: (turn his back to her)

Man: L-back, R-replace, L-side & ¼ turn, turning her in front of him, all hands up on 3, (1-2-3), R-hands down (5), hands up & turn his back to her (6), hands crossed over his shoulder (7) ending with his back to her front.

Lady: R-back, L-forward & turn, R-close, facing his back, all hands up (1-2-3); hands down (5), hands up as he turns (6), hands holding his hands over his shoulders (7).

Man: Basic on spot, with his back to her (1-2-3, 5-6-7)

Lady: Basic on spot, still holding his hands on shoulders

Parra Arriba: (turn to face her)

Man: Man turns to face her (1-2-3), finish basic on spot (5-6-7)

Lady: Basic on spot as he turns (1-2-3), finish basic on spot (5-6-7), in dance position.

DILE QUE NO

ABAJO [means “Down”]

In dance position,

Man: L-forward with “dip” down, turning her out to his right side, R-replace, L-close (1-2-3), R-forward, turning her out to his left side, L-replace, R-close (5-6-7).

Lady: R--Back break/Rock step, L-replace, R-close, facing him (1-2-3), L-back break/rock step, R-replace, L-close, facing him (5-6-7)

Repeat (1-2-3, 5-6-7) open right; (1-2-3, 5-6-7) open left

EXHIBELA (Lady’s Underarm turn)

Man: L-forward, turning her out to his right side, R-replace, L-close (1-2-3), R-side or back (?), leading her into Underarm Turn, L-replace, R-close (5-6-7).

Lady: R--Back break/Rock step, L-replace, R-close, facing him (1-2-3), [Underarm turn} L-step across to Right to start turn (5); R-step/turning to face him, L-close (5-6-7)

EXHIBELA DOS CON UNO (Both turn)

Man: L-forward, turning her out to his right side, R-replace, L-close (1-2-3); spot turn to R(5-6-7)

Lady: R--Back break/Rock step, L-replace, R-close, facing him (1-2-3), spot turn to R (5-6-7)

Repeat Abajo.

OPEN BASIC

In double hand-hold, open position, do 1 Basic (1-2-3, 5-6-7)

One-Handed Underarm Turn:

Start in double hand-hold, open position -

Man: L-forward, R-replace, L-close (1-2-3); R-back (?) leading her into Underarm Turn by raising arm up over her head, L-replace, R-close (5-6-7)

Lady: R-back, L-replace, R-close (1-2-3); [Underarm turn} L-step across to Right to start turn (5); R-step/turning to face him, L-close (5-6-7)

Underarm Turn with Crossover Arms:

In double-handhold, open position --

Man: L-forward, R-replace, L-close (1-2-3); R-back (?) leading her into Underarm Turn by raising both arms up over her head, L-replace, R-close (5-6-7)

Lady: R-back, L-replace, R-close (1-2-3); [Underarm turn} L-step across to Right to start turn (5); R-step/turning to face him, L-close (5-6-7)

Man: While doing Basic, he brings her arms over his head like a necklace, on the 1-2-3 part. [Spice it up]

Lady: Basic (1-2-3, 5-6-7), putting her arms over his head (1-2-3) & trailing down on 5-6-7.

Hiding Arms? [Lady's Curl]

Man: Doing a Basic, he moves closer to her on (1) and takes her right hand with his right, behind her back (1-2-3), continuing basic, he spins her out (5-6-7)

Lady: Basic (1-2-3), curls out to right, holding right hand, end facing him (5-6-7)

Man: Basic (1-2-3), and (5-6-7) bringing her right hand over his head from his right to left side

Lady: Basic (1-2-3) and (5-6-7), putting right hand over his head.

GUAPEANDO

EL DOS

Enchufla: single hand-hold

Man: L-step BACK, R-replace, L-close (1-2-3) He leads by turning her to his right; R-step BACK/behind, making ¼ turn, L-side, R-replace (5-6-7). And turns his back to her on 8 with arms flared,

Lady: R-back, L-forward, R-forward & turning into his right side (1-2-3); L-back, R-step, L-close step on spot (5-6-7)

In El Uno position, reversed, with man's back to lady and arms out to sides holding both hers.

Both do Back Rock steps both sides (1-2-3, 5-6-7) twice.

[He turns to face]-

Man: L-back rock step, R-replace, L-close (1-2-3); R-back rock step, L-replace, (5-6) bring her right hand over Man's head while he turns to Left to face her (7).

Lady: R-back rock step, L-replace, R-close (1-2-3), L-step, R-replace, L-close, staying in same position while he turns to face her; (5-6-7) he holds her arm up and turns under it on 7.

Sombrero:

[She does full turn on 1-2-3; they both do crossed arms over heads on 5-6-7]-

Man: L-side, R-replace, L-close (1-2-3) leading her into full turn with both hands above head; R-step & put hands down a bit (5), raise her right hand over his head and her left hand over her head (6-7),

Lady: Turn to right with hands crossed above head, end facing him (1-2-3), hands down a bit (5), raise arms up over both heads (6-7). Quickly get back into dance position.

DILE QUE NO