

Salsa Class week moves

Beginner 1		
Guys Moves (left right left)	Girls Moves (right left right)	
Week 1 Basics, side and back step Open and closed positions	Basics, side and back step Open and closed positions	Shine Basics, side and back step
Week 2 <i>Guy's turn</i>	<i>Lady's right hand turn</i>	
stepping forward for 1, tapping for 2 and left foot opening up for 3. Right foot joins the left for 5, left turns for 6 feet together for 7.	basic for 123, stepping forward for 5, pivoting for 6 and completing the turn on 7	Suzy -Q
Week 3 <i>Hair combs</i>		
Basic foot work, cross left elbow to right, making an arch, palm up and flat holding ladies fingers, combing the hair to the base of the neck letting go. Right hand, comb your hair, palm up to the base of your neck.	Follow the lead brushing your hair and his hair.	Crossing in front <i>Turn the lady with the right hand(guys)</i>
Week 4 <i>Cross body lead</i>		
Stepping across the lady for 1, stepping to the side for 2 and feet apart for 3. Holding the lady's posture bringing the lady forward for 5 stepping back with the right, stepping in for 6 and together for 7.	Basics step for 123 waiting for the lead on 5 and stepping forward turning for 6 and together on 7	Crossing behind
Week 5 <i>Inside turn</i>		
Stepping back on 1, crossing the right in front of the left for 2, stepping to the side on 3. Right crossing behind for 5 stepping for 6 and together for 7.	Stepping back on 1, twist for 2 and parallel for 3, back on the left for 5, forward for 6 and together for 7	Double front cross
Week 6 <i>Hamelock</i>		
Lady's turn holding with the right hand, locking the lady's left arm behind her back. leading with the left arm to do a back step into an inside turn	Lady's need to make sure they do a full turn, facing back to your partner on the arm lock, doing a back step into an inside turn	strut
Beginner 2		
Week 1 <i>Adios</i>		
break back, step in close 123, starting turn on 3, completing a full turn for 567. Breaking back into a lady's right turn.	Basic, keeping your right firm, turn with the guy, stepping back and completing a right turn	Around the world
Week 2 <i>Adios con el hermana</i>		
break back, step in close 123, turn back for 567, in side turn finish with cross body	Basic, keeping your right firm, turn with the guy, stepping back, inside turn, cross body finish	points
Week 3		
Change hands (rtr), haircomb, (lrl) crossbody return hands		Flare
Week 4 <i>Travelling turn cross body</i>		
Cross body foot work 123. Leading the lady forward for 5 turning her for 6, lady faces away on 7, complete the turn on 1	Basics, 123, stepping forward on 5 turning for 6, facing away for 7. completing turn and stepping back on 1	Full Flare

Week 5 Guys Right turn ducking under lady's right hand into closed position.	Lady's just do basic into closed position	Stepping 1,3,5,7
Week 6 Change hands (rtr), haircomb, (l) Travelling turn cross body(outside turn)		Stepping 123 567