

**Rhythm:** 4/4, Quick Quick Slow.

Simple version: 1, 2, 3, hold count 4 or more sophisticated: starts on count 2, 3, then 2 counts slow 4, 1. (Mambo breaks on count 2)

**Posture:** Arm Positions: Latin Closed Position Hold (Leader's elbows both in contact with follower's. leader's L arm raised perpendicular to floor.), Cuban Motion. Two hand hold, with leader's hands, palm up, follower rests her hands in his. One hand hold, also a no hand hold, used for double spins.

**Basic Step:** Leader steps forward on L, bk on R, close L together with R, count 4, 1. Rev. rept. step for total of 8 counts. Follower does step in reverse, starting step bk on R. **Think:** Rock, rock step & hold 1 count., or ball change step.

**Macho Basic or Side Basic:** Leader rocks L ft to L side, steps R ft in place, closes L ft to R ft. Reverse with R ft to R side. Follower can do same step starting R side. AKA "Mark Time".

1. **Open Break:** Leader begins with forward L ft rock, rock, but lets go of follower with R arm out to side. Follower does basic with L arm to L side once released.
2. **Left Turn:** Lead L turn with leader's L ft turned out, doing basic. Takes either two or four meas. to complete L turn, depending on if turning  $\frac{1}{4}$  each pair of basics, or  $\frac{1}{2}$  on each pair.
3. **Follower's Outside Under Arm Turn:** Leader leads into turn from an Open Break. Then he raises his L arm (follower's R arm) up, while doing a full basic. The follower steps out on her R ft to R side, pivot turn on L to CW, step R, finish turn on 2nd basic starting L. Instead of open break, can use a push pull start or a simple raised arm from a closed position. to a follower's UAT. Always lower arm when finished.
4. **Fifth Position Break:** Same as in cha cha but using salsa rhythm- Start with open break, do cross over, rock bk, step together. Reverse.
5. **Follower's Inside Under Arm Turn:** Starts with an Open Break,  $\frac{1}{2}$  basic, leader's L arm is brought to his R side, follower will feel arm across to her L side, she turns to L on L ft (inside) and both partners end with a side, close side. Leader lowers lifted arm after turn.

6. **Double Turns: Outside and Inside:** Start with rock step Open Break, keep arm up or let go allowing follower to do double turn. Leader steps out of the follower's way on inside turn with a cross in front and side close side ending. Both finish with rock step, step.
7. **Flip Flop:** Use open break, or think, rock step open, leader can use macho basic, use classic flip flop arms and reverse 5<sup>th</sup> position footwork. To end, the leader should present his hand on an even number, leader steps forward and both do a side close side.
8. **Reverse Flip Flop:** Rock step step, leader catches follower's R elbow, she will have her back towards him. Continue doing rock step step with leader catching alternate elbows, she can end with a double inside spin.
9. **Alternating Turns:** Same as in Two Step, use open break and follower's UAT. Leader presents hand and turns under, then follower. Always start and finish with follower's outside UAT. Lower hand at end of turns.
10. **Scallop:** Start with Rock step cross R over L for follower, then cross L over R, slide step to R with R ft, close with L. Leader does a back step step together, vine L crossing R ft back side L. Use a strong lead to twist partner into scallop.
11. **Flick:** This is a filler step used on the resting count. The ft is kicked low and quickly to the side on count 4.
12. **Leader's Cross Body Lead:** Used instead of Open Break
13. **La Rueda:** Means Wheel and refers to dancers with partners in a circle. The followers are passed with a basic step and then a given step is done, such as a cross body lead. This is a style of salsa currently popular in many nightclubs. Men can turn as well, and both ladies and men can turn on different counts and in opposite directions.
14. **Forearm spin:** Leader uses one hand hold, changes hands for handshake (R hands held). From a push pull start or open break, the leader uses a forearm hold to pull follower forward for 1 ½ turns to inside. Follower does a rock back step, 1 ½ traveling inside turn, finishing with an Outside UAT or a side close side.
15. **Back spot turn:** A tight fast turn done as a couple. Start with open position, leader does a L ft rock step step. Move in close for tight turn with leader doing a hook with R ft behind L.