

**SALSA: Quick & Dirty Clean!** Dance Class

TUES 8:15-9:15pm - START July 14, 2010, 4 weeks

Island Health and Fitness, 310 Taughannock Blvd, Ithaca

**Salsa, Merengue, Bachata:** enough for you to feel good fast on the dance floor, and a basis to go much farther if you wish! Great for beginners, and a good refresher for those who have forgotten most of it!

Only \$50 per person, discounts for couples, club members, previous students.

**Singles welcome** – we rotate the unpartnered students. Couples need not rotate.

Info, music lists, discount schedule: [www.ithacadance.com](http://www.ithacadance.com) - **register now to reserve a space.**

*(If the click doesn't work, copy and paste the URL)*

**Salsa** is currently the #1 club dance in Ithaca, Syracuse, Rochester, and Binghamton. New York City, and pretty much everywhere. Salsa originated in Cuba and Puerto Rico, and grew to further sophistication in New York and Los Angeles. **Need music? Free practice CD – royalties paid in advance by us.** We work with ways to listen to the music, what to focus on in the music.

**Ladies:** you can dance as a passive follower, or an EMPOWERED dancer! Unlike most salsa dance classes geared to men manipulating you all over the place, we offer plenty of styling and expressive devices for you, and we teach the guys a dance style which gives the LADY a lot more leeway, and room to play! In addition to steps and patterns, we explore the Caribbean movement styles - energy flow, hips, shoulders, arms, torso! This is part of the **African** roots of this dance. **Hispanic** dialects have characteristic accent patterns that play into the music & dance rhythms.

We give plenty of individual attention. Taught by Cornell & IC dance instructor **Kurt Lichtmann** with the fabulous **Heather Carlsen**. *All our students say that we Ithaca's #1 in couples dance instructors!*

Info: [www.ithacadance.com](http://www.ithacadance.com)

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"The teacher and the TA's skills and teaching abilities: both were phenomenal." - Fall 2009

"This class is among the best and most enjoyable classes that I have taken in college. After the first couple of weeks I was thinking "what a great way to start the week." Professor Lichtmann makes the class really fun and his enthusiasm oozes out of every step of every dance. He makes everyone very comfortable and his personality is extremely likeable. The class is structured really well and in a way that really enhances learning. I really loved this class and the way Kurt taught. I would recommend this class to everyone." - Fall 2009

"Mr. Lichtmann was very enthusiastic about dancing, and his enthusiasm was contagious." - Fall 2009