

SALSA: From Scratch! No partner needed!

Sundays, 4-5pm, June 3 - July 8, 6 weeks

Island Health and Fitness, **Cayuga Heights, Community Corners (Hanshaw Rd)**

www.ithacadance.com

Our students seem to love our uniquely accessible approach to these Caribbean dances. We take you from scratch to joyful dance hall competency in 6 weeks. Every class is fun, with great hand-picked music, a great dance floor, and individualized help. Using a circle dance approach to get everyone moving together, our teaching methods are among the most effective and stress-free that you will find. AND we are specialists in teaching you *how to turn and spin comfortably* - a big part of fun salsa dancing.

COURSE GOALS: (What we hope you will learn!)

1. A strategy for hearing the main rhythms in salsa music.
2. The repertoire of core Salsa movement: feet, legs, torso, hips, arms, hands
3. A repertoire of the main beginning level Salsa partnering patterns
4. Styling options (arms, hips, shoulders, head) for both leader and follower
5. Lead and Follow technique: how to make for pleasurable and smooth partner dancing,
6. Comfortable techniques for turning and spinning.

PLUS: Advanced teaching techniques garnered from years of workshops, classes, and private lessons, as well as from key learning ideas from work in the lead instructor's **Masters Degree in Music Education**.

Salsa, Merengue, and Bachata are the core dances in the club scenes in Ithaca, Syracuse, Rochester, Binghamton, NYC, and pretty much everywhere, with Salsa making up the 85% of the DJ's palette. Salsa is from **Cuba** and **Puerto Rico**, but grew to further sophistication in NYC and LA. Merengue and Bachata are from the neighboring island country of the **Dominican Republic**.

LADIES! 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 you a lot more 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.

We give plenty of individual attention. **Songlists** and **class summaries** will be handed out in class, but for now, check out the **music lists**, **videos**, and **swing history** on the website.

www.ithacadance.com. Taught by **Kurt Lichtmann** (Ithaca College Faculty dance instructor, Founder of Cornell's Swing Program) & playful and creative **Ellie Foust**. Our unique focus as instructors and dancers is on FUN!

\$70/person, Discounts for couples, Island members, former students, and entering at 2nd class.

More at: **www.ithacadance.com**

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"This course was a lot of fun & I really hope to take it again! Kurt's instruction is fun & easy to follow. I'm truly glad that I took this course." - Spring 2011

"This is the best class & will be very useful in the future when it comes to dancing. Kurt is a great instructor & very enthusiastic/passionate about dance which is significant for this. If you are tired or having a bad day, his personality will always cheer you up! I recommend this class for everyone." - Spring 2011