

# The Ultimate Guide to Salsa Dance Positions: A Comprehensive Handbook



## Handbook of Salsa Dance Positions by Marisol Enchufa

★★★★☆ 4.1 out of 5

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Salsa dance is a vibrant and energetic dance form that originated in the Caribbean. It is characterized by its fast-paced rhythms, intricate footwork, and sensual movements. Salsa dance is a popular social dance, and it is often performed at parties and clubs. There are many different types of salsa dance, but they all share a common set of basic positions.

## The Basic Salsa Dance Positions

The basic salsa dance positions are as follows:

- **Closed position:** The closed position is the most basic salsa dance position. In this position, the partners stand facing each other, with their arms around each other's waists. The man's right hand should be on the woman's left hip, and the woman's right hand should be on the man's right shoulder.

- **Open position:** The open position is a more advanced salsa dance position. In this position, the partners stand facing each other, with a slight space between them. The man's right hand should be on the woman's left hand, and the woman's right hand should be on the man's left shoulder.
- **Cross-body lead:** The cross-body lead is a more advanced salsa dance position. In this position, the man leads the woman with his left hand, and the woman follows with her right hand. The man's right hand should be on the woman's left hip, and the woman's left hand should be on the man's right shoulder.

## **How to Transition Between Salsa Dance Positions**

Transitioning between salsa dance positions is an important skill to master. It allows you to move seamlessly between different moves and patterns. To transition between positions, simply follow these steps:

1. Start in the closed position.
2. Take a step forward with your left foot (for the man) or right foot (for the woman), and turn your body to the side. This will put you in the open position.
3. To transition to the cross-body lead, simply cross your left hand over your right hand (for the man) or your right hand over your left hand (for the woman).

## **Salsa Dance Patterns**

Salsa dance patterns are a series of steps that are performed together. There are many different salsa dance patterns, but some of the most

common include:

- **Basic step:** The basic step is the most fundamental salsa dance pattern. It consists of a series of four steps, followed by a cross-body lead.
- **Side step:** The side step is a variation of the basic step. It consists of a series of four steps, followed by a side step to the right (for the man) or left (for the woman).
- **Back step:** The back step is another variation of the basic step. It consists of a series of four steps, followed by a back step to the left (for the man) or right (for the woman).

## Salsa Dance Moves

Salsa dance moves are the individual steps that make up salsa dance patterns. There are many different salsa dance moves, but some of the most common include:

- **Forward step:** The forward step is a basic salsa dance move. It consists of a step forward with the left foot (for the man) or right foot (for the woman).
- **Back step:** The back step is a basic salsa dance move. It consists of a step back with the left foot (for the man) or right foot (for the woman).
- **Cross-body lead:** The cross-body lead is a basic salsa dance move. It consists of a step forward with the left foot (for the man) or right foot (for the woman), followed by a cross-body lead with the right hand (for the man) or left hand (for the woman).

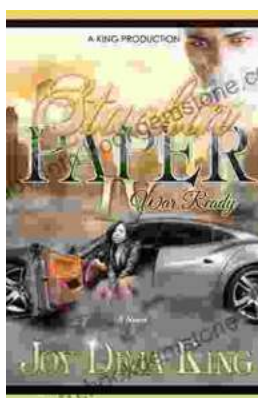
Salsa dance is a fun and exciting dance form that can be enjoyed by people of all ages and skill levels. With a little practice, you can master the basic salsa dance positions, patterns, and moves. So get out there and dance!



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