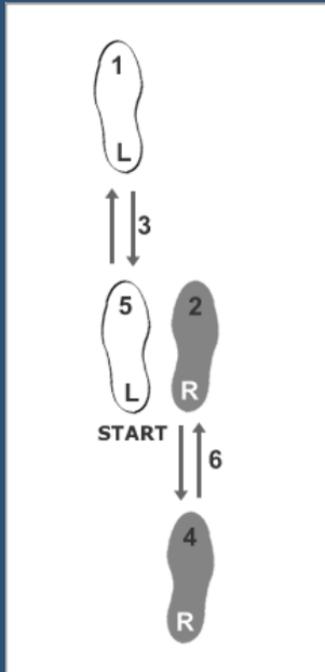


The Basic Dance Steps of the Salsa

The basic rhythm is 4/4 timing however only three steps are made for every four beats with one step to each beat and one beat being skipped. The skipped beat is called a tag, a tap, a kick, a flick, or the like. The steps can be from side to side or forward-backward and in circles. When dancing you must keep a straight upper body posture and move your hips as much as possible.

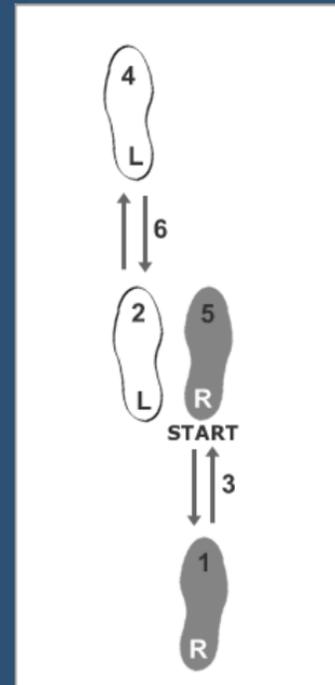
The Gentlemen's Steps



Basic Step

1. Step forward with your left foot (first beat)
2. Right foot in place, weight shifts to it (second beat)
3. Step backward with your left foot (third beat)
- * Pause on fourth beat
4. Step backward with your right foot (first beat)
5. Left foot in place, weight shifts to it (second beat)
6. Step forward with your right foot (third beat)
- * Pause on fourth beat

The Lady's Steps



Basic Step

1. Step backward with your right foot (first beat)
2. Left foot in place, weight shifts to it (second beat)
3. Step forward with your right foot (third beat)
- * Pause on fourth beat
4. Step forward with your left foot (first beat)
5. Right foot in place, weight shifts to it (second beat)
6. Step backward with your left foot (third beat)
- * Pause on fourth beat

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