

**WHAT'S MY LEVEL?** At Dancing Through Life, we take pride in encouraging our students to reach their maximum potential. In order to do so, we have created a summary of guideline requirements for each level. Our instructors are happy to answer any questions or concerns you might have about your fit in a particular class.

**REQUIREMENTS FOR EACH LEVEL**

<b>Salsa On2   Beginner Basics (No Prerequisite)</b>
<b>Covered Topics:</b>
<b>Basic Step</b>
- Open Position
- Closed Position
- Understanding forward and back basic
- Lead and follow technique
- frame
- posture
<b>Cross Body Lead</b>
- Open Position
- Closed Position
<b>Right Turn (Men and Ladies)</b>
- Right Hand
- Left Hand
<b>Left Turn (Men and Ladies)</b>
- Basic Left w/ left hand - ladies turn first then men
- Pull in w/ right hand to prep - turn together
<b>NY Walk</b>
- Right hand
- Left hand
<b>Salsa On2   Beginner Level 1 (Prerequisite: Salsa On2   Beginner Basics)</b>
<b>Covered Topics:</b>
<b>Basic Step</b>
- Open and Closed Position
- Follow and Lead technique
- frame
- posture
<b>Cross Body Lead</b>
- Open & Closed position
- One handed closed position
<b>Right Turn (Men and Ladies) **SINGLE/SINGLE/DOUBLE/SWITCH**</b>
- right hand
- left hand
- both hands
- hands switched

<b>Left Turn (Men and Ladies) **SINGLE/SINGLE/DOUBLE/SWITCH**</b>
- right hand
- left hand
- both hands
- hands switched
<b>Inside Turn **SINGLE/SINGLE/DOUBLE/SWITCH**</b>
- left hand
- right hand
- both hands
- switch hands
- hand at the shoulder
- hand at the waist
<b>Outside Right Turn **SINGLE/SINGLE//SWITCH**</b>
- right hand
- left hand
- switch hands
<b>Outside Left Turn **SINGLE/SINGLE//SWITCH**</b>
- turning the lady on 1 to the L away from men
- left hand
- right hand
- switch hands
<b>NY Walk **SINGLE/SINGLE/DOUBLE/SWITCH**</b>
- left hand
- right hand
- both hands
- switch hands
<b>Open Break</b>
- switching sides (salsa step)
- around the world
- right turn
- left turn
- inside right (hand at shoulder)
<b>Basic Shines</b>
- Susy Q
- 4 Crosses
- In & Out Susy Q
- Basic around the world
- ½ right ½ left
- Triple flare
- Triple Cross
- Side basic on 1
- Side basic on 2
- Cuban breaks
- In & Out (complete on each side)
- Kick Ball change
- triple tap
<b>**Basic Ladies arm and leg styling**</b>
- developing arms

- caressing arms
- swinging arms
- pump back
- hip roll
- figure 8
- flare
- rond de jambe
- mambo jazz

**Salsa On2 | Beginner Level 2 (Prerequisite: Salsa On2 | Beginner Level 1)**

**Requirements:** Basic - CBL - Right Turn (2 versions) - Left Turn (2 versions) - Inside Turn (2 versions) - Outside Turn (2 versions) - NY Walk (2 versions) - Minimum of 4 basic shines

**Covered Topics:**

**Titanic**

**Butterfly**

**Basket**

**Copa**

**360 CBL**

- regular
- misdirected

**Checks**

- wrap check
  - right hand
  - left hand
  - both hands
- shoulder check

**Prep technique**

- side prep
- twist prep

**Doubles**

- single handed
- hands switched

**Additional Technique:**

- frame
- posture
- spotting
- partner connection
- shines combination
- incorporating shines and partnerwork
- switching the slot
- hand tossing
- drop and catch
- hand drop offs

**Shines:**

- diamond
- ½ grapevine with flare
- full grapevine

- hot toe
- syncopated
- downtown
- toe, heel, toe
- pachanga basic
- spiral
- hook step
- double right
- double left
<b>Ladies Styling</b>
- all styling covered in beginner 1
- head whips
- leg scoop
- hip pop
- open break twist
- open break coupe and land

**Salsa On2 | Intermediate (Prerequisites: Salsa On2 | Beginner Level 1 & Level 2)**

Requirements: Must know ALL Beginner Level 2 fundamental movements, along with a minimum of 6-8 shines (between Beginner Level 1 and 2)

**Student MUST be able to dance on time -- On2**

**Student MUST be currently social dancing to some degree**

**This level incorporates everything listed above and also includes the following:**

- Triple spins + (solo and partnerwork)
- Misdirections
- Fast tempo dancing
- Complete shine combinations
- Understanding of salsa rhythms
- Exploration of how to explore other styles (On1, On3) - how to adjust and understand each style

**Bachata | Beginner (No Prerequisite)**

**Basic Step**

- Right basic
- Left basic
- open position
- closed position
- forward basic
- back basic

**Right Turn**

- right hand
- left hand
- both hands
- switched hands

**Left Turn**

- right hand

- left hand
- both hands
- switched hands
<b>Reverse Right Turn</b>
- right hand
- left hand
- both hands
- switched hands
<b>Reverse Left Turn</b>
- right hand
- left hand
- both hands
- switched hands
<b>180 spot turn</b>
<b>360 spot turn</b>
<b>Hammerlock Turns</b>
<b>Wrap Turns</b>
<b>Bachata CBL</b>
<b>Footwork:</b>
- cross in front
- cross in back
- Bass basic (1 & 3,4 - 5&7,8)
- Basic ball change (triple step)
- Double step
- Slide basic
- Diamond Basic (Front, Side, Triple step)
- Cha Cha square
- Around the world taps w/ hips
- Quarter beats (side to side and around)

<b>Bachata   Intermediate (Prerequisite: Bachata   Beginner)</b>
<u>Requirements:</u> Must know ALL Beginner fundamental movements along with a minimum 5 foot work patterns
<b>Student MUST be able to dance on time to slow and fast paced bachata music</b>
<b>Student MUST be currently social dancing to some degree</b>
<b>This level incorporates everything listed above and also includes the following:</b>
Double spins + (solo and partnerwork)
Misdirections
Complete shine combinations
Understanding different styles of bachata - modern/traditional/sensual
Body movement - body rolls and isolation