

How to Dance to Latin Music: Salsa

Virtual Activity

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WHAT MAKES IT MEANINGFUL

Exercise! We all know we need it but not all of us like to do it! Well, if you're like me and don't like to exercise (but know that it needs to be done anyways) you're in luck! Dancing Salsa is a sure way of getting some core and leg workouts and cardio workouts without feeling like its tedious. Rather, its fun and it can be done with a partner or a group! Not only is it good for your health but dancing Salsa is more useful than your standard generic Zumba class. Outside that class, there are no practical opportunities to use it and it just becomes exercise. Salsa, however, is a dance that is danceable at Latin clubs and at Latin Festivals or on vacation in the Spanish speaking Caribbean and in Latin America. Also, its widely listened to in southern Europe and even in parts of Asia and Africa. Not only is this dance a way of getting exercise but once your caught in it, you'll want to dance to it at any given opportunity. Not only are you getting exercise (without feeling it) but you'll be sure to impress all your friends and strangers around when you start dancing Salsa. So what are you waiting for! Get on your feet and become un Salsero!

TIME

Length of time is dependent on how long each video is and how long you would like to learn and practice with each lesson. Time and duration may vary.

MATERIALS

Comfortable shoes and clothing to sweat in



How to Dance: Salsa

INSTRUCTIONS

- Open the link on your device (ideally a laptop or on a Smart TV that has an internet connection/wifi) and following along with the instructors.
- Pause and rewind as needed.
- The General Channel Link provided below has a vast number of tutorials and dance lessons for Salsa. Please navigate the site for further lessons on how to dance Salsa.
- And always remember to have fun and that practice makes perfect!

RESOURCES

- Introduction to the Basics of Bachata for Beginners: <https://www.youtube.com/watch?v=jpIJMKjxkQ0&t=100s>
- General Channel for Further Learning: <https://www.youtube.com/c/BachataDanceAcademy/featured>
- Vivir La Vida - Marc Anthony: <https://www.youtube.com/watch?v=YXnjy5YIDwk>
- La Gozadera - Gente de Zona Ft. Marc Anthony: https://www.youtube.com/watch?v=VMp55KH_3wo&list=PL4U35lg0iKyZGrx9YITNqfgBwlah7Rm8A

SUPPORTS NEEDED

This activity can be done independently, in pairs or with a group.

OTHER THINGS TO NOTE:

Practice in an open area with ample amount of space in order to practice learning how to dance to Salsa. Ensure there is not anything around that you may knock over or fall on you while dancing. As with any physical exercise, please take the proper precautions to stay safe and dance in a safe environment.