

## USDA - Centre of Somatic Latin Dance Training

# Professional Salsa Training 4 the General Dancing Public (PST 4 The GDP)

**UnitedSalseros Dance Academy (USDA)** will be launching for the first time in October 2017 its **PST 4 The GDP** program that allow social dancers to have the opportunity to learn some of the foundational skills professional dancers possess, without the equally important heavy strength, endurance and flexibility requirements that are included in many dance disciplines. Salsa has now advanced way beyond being a wonderful social street dance. Even though its root elements should always be maintained and respected, a greater dance foundation must also be



established in order to execute more complex movements with absolute proficiency and ease. Hence, it is suitable for all fitness levels and ages for the most part. Although the program does still require some level of physical feat and concentration, strenuous strength, flexibility and endurance training are not included, mainly due to time constraints but also because these equally important elements needed in becoming a well-rounded dancer (especially if you are performing) can be easily accessible and developed in your local fitness club. The other dance elements that are not usually taught as classes on their own (balance, centeredness, coordination, posture, suppleness, framing, elasticity, etc.) will be the main focus. This program is

one of a kind in Canada since most dance programs are geared towards those who are either young, athletic, gifted, or already have a natural aptitude to learning dance. Students will get the best elements that Ballroom, Afro-Cuban, Modern Dance, Ballet, Chi Kung, and Tai Chi can offer to Salsa. After all, since Salsa is a mosaic of many dance and movement disciplines, it's only fitting that the techniques behind them to reach greater artistic heights as a dancer also be learned. Outlined below are the 3 classes being offered to help further elevate the level of social dancing in the KW area, which is growing steadily since USDA classes started running weekly group classes and performance team/instructor training during the past three years. Thus, USDA is raising the bar to a new standard for teaching, learning and dancing for the general public in order for not only the dance community to simply thrive in numbers but also to continue to excel in quality. They are as follows:

### **Module 101: Salsa Technique / 6:00 pm – 6:50 pm / Multi-Level Instruction w/ Teddy O. + 3 Asst. Teachers and 3 Student Volunteer Helpers – Learn...**

- Foundational footwork for smooth stepping with contra-body movement without bouncing and crashing all over the place –contra-body movements are also responsible for giving you that natural Latin groove;
- Partner work technique that allows one to become as light as a feather or as heavy as bag of sand without becoming stiff, rigid, and/or collapsed;
- Clear leading and highly responsive following with advanced and adaptive framing technique;
- Multiple spinning and turning technique (stationary and moving) with a gradual or sharp exit, as well as the ability to stop in any direction or angle;
- Basic natural posture without looking like your upper body has been frozen solid;
- Body isolation (ascending and descending body waves; shoulder, hip, head, and rib cage rolls);
- The 12 Key Shines with their basic corresponding arm/hand and body movements, all of which can be used to create hundreds of combinations and even be used in partner work; and
- The 3 essential elements for very good movement and how they synergistically work with one other

### **Module 102: The 12 Key Salsa Steps & Their Variations / 7:00 pm to 8:30 pm / Multi-level Instruction w/ Teddy + 3 Asst. Teachers and 3 Student Volunteer Helpers – Learn...**

- How to execute the 12 Key Salsa Steps, each of which has many variations and comprises 90% of the women's footwork dance;
- How to randomize them in the future in a systemic manner without fail to never run out of movements to execute;
- How to apply partner work styling without compromising leading and following, as well as add contrast to your movements in order to breathe life in the choreography;

- How to capitalize on the wise words “Less is More,” as by concentrating only with a few figures you are able to focus now on the elements (found in first and last class) that make the movements look beautiful. While the movements may seem simple and even familiar to some participants, the movements will be anything but easy once the required elements are added to the choreography. Thus, once the person is able to retain both choreography and required technique, these elements simply transfer to any new choreography learned in the future. It’s like learning to sing well using only a few songs, so when you learn a song your voice will still sound amazing, as opposed to just learning hundreds of songs without ever putting any effort in improving your singing = karaoke disaster! The song is the choreography; the voice is the technique. The class also was intentionally made to be “all levels” in order to give participants a realistic scenario as to what they would be experiencing in the clubs and dance socials (dancing with different levels). Contrary to public belief, one’s dancing progression will be much more advanced if he or she can lead/follow different people with different learning aptitudes and skill levels. Dancing only with advanced people does have its advantages but it has its equal disadvantages as it does teach one how to handle deviances in movements, which is surely going to happen in a social dance setting.

**Module 103: Dance Exercises for Non-Dancers / 8:30 pm to 9:30 pm / Level 1  
w/ Abby Mina, Teddy Olaso & Student Volunteer Helpers – Learn...**

- Latin Ballroom, Modern Dance (Martha Graham) and Ballet exercises modified for Salsa dancers to address lines; performance posture; beg-advanced centering, isolation and weight shifting techniques; technique needed for potential tricks and lifts; basic ballet or jazz based turns applicable to Salsa, etc. This class is a must for social dancers who seriously want to advance for performing, teaching or even simply just for greater social dancing fun. All 3 classes will compliment, and even contrast one another, but that’s the beauty of it as certain elements in dance require different techniques. Musicality in all movements is also stressed (not just basic timing) throughout the program, and is done from a sensory experience rather than theory based in order for dancers to understand that choreography and technique will be empty without the music that moves it, which also brings out the emotions/expressions from the dancers.

**Traditional & Modern Bachata Intensive – Dec. 6 & 13, 2017 / 6:00 pm to 9:30pm / All Levels  
w/ Teddy, Asst. Instructors and Student Volunteer Helpers – Learn...**

- Classical Bachata steps before you even start improvising or creating your steps;
- Sensual and sexy (not vulgar or cheesy) traditional and modern movements, whether it be a turn pattern, styling (body isolations/arms) or fancy footwork; and
- How to seamlessly fuse them together to create an organic style that blends the best of the old and new as it pertains to the music – why settle for one when you can have both! By the time you finish the first 8 sessions, learning Bachata will be less challenging and be more productive in this intensive manner!

**Registration Info**

Please contact Tarek @ [tgharib@hotmail.com](mailto:tgharib@hotmail.com) to register

or

[Teddy@unitedsalseros.com](mailto:Teddy@unitedsalseros.com) for further info

Advanced Registration Required / Module 102 Must Be Taken With Module 101 and/or 103

All Three Modules Are Strongly Recommended To Be Taken Together

Classes are held at @ The Button Factory - 25 Regina St. S., Waterloo

October 11 2017 to December 13 2017 / Wednesdays / 10 Sessions / Pricing Below

Classes	Before Sept. 2	Before Sept. 13	After
2	\$249	\$275	\$300
3	\$299	\$325	\$350

*Experience the difference with our clear, detailed methodical instruction that results in gradual progression with qualitative practice backed with rave reviews from our established international instructors!*

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