



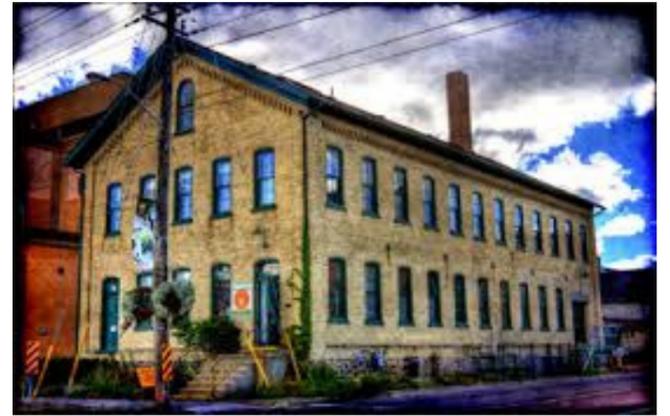
nitedSalseros @

**WATERLOO**

## LATIN DANCE RESOLUTION 2016

Wednesdays / January 13 – April 20 (15 Classes)

1 class	\$200	(\$225 after December 8)
2 classes	\$275	(\$300 after December 8)
3 classes	\$325	(\$350 after December 8)
3 classes + Performance	\$500	(\$450 for University Students Before Dec. 8)



@ The Button Factory – 25 Regina St. South

**U**nitedSalseros has stepped up its instructional regiment in the Guelph/Waterloo/Kitchener area with **Teddy now heading 6 Assistant Instructors from Kitchener/Waterloo area, that he have been working with him in the past year in order to offer a multi-level class that is suitable for every level of student.** Now is the perfect opportunity for everyone in the Kitchener-Waterloo-Guelph and surrounding areas to be instructed by some of the best dancers in the region under the direct supervision of Teddy Olaso, Artistic Director of UnitedSalseros; one of Canada's most – if not THE most – learner centered Salsa & Bachata dance instructional companies. The instruction is second to none! All UnitedSalseros' Assistant Instructors are highly proficient at teaching choreography, technique, timing and musicality for both leader and follower, and have spent and continue to train with Teddy for further development. UnitedSalseros is also of Canada's most requested performance and instructional companies, having taught at almost every major Salsa congress in Canada, and our instructors regularly teach other dancers/Salsa instructors from various dance companies locally and internationally. Students are instructed with a crystal clear breakdown of movements for leader and follower, somatic technical corrections, and "simple" choreography with advanced applications. There will be a strict syllabus in place in terms of what students are learning in order to support the students' advancement as they continue to take classes. All instructors will be following this protocol and Teddy will be supervising as well as instructing the classes along with the assistants in order to ensure that every student gets the benefit of direct feedback from him. The class may be serious in nature, but it will also be relaxed in terms of structure (learn at your own pace), and you will certainly have a blast laughing in class with our crazy, humour-filled instructional style! To improve your social dancing, choose up to three of the courses listed below. All classes will have a high emphasis on technique class covering footwork, partner-work, spinning and body isolation taught incrementally as part of the class with Teddy as well, along with the Asst. Instructors – no one escapes detection!

### **Classical Bachata / 7 Key Bachata Movements & Variations / Intro-Beginner, Beginner & Intermediate / 6:00 pm – 7:00 pm**

Learn all the foundational elements of classical Dominican Bachata mixed with simple but visually appealing partner-work choreography and technique, along with a more advanced interpretation of the movements (footwork variations). Leaders will also learn to execute classical Dominican Bachata steps with a strong masculine presence and followers with powerful but feminine presence, utilizing body movements that do not interfere with the leader's movements. With these 7 Key Steps, students will learn how to make the most of these movements and even create their own arrangements, allowing students to eventually become their own choreographers. If you are single and do this right, you are almost guaranteed to continue your bloodline. However, It's also a good idea to have unlimited internet connection in case things don't work out! The class is multi-level and Teddy and his teaching team will ensure that students are attended accordingly depending on their level of proficiency, dance experience and learning aptitude. Rest assured that the movements students will be learning can be modified so you can dance with someone sensually, aerobically or just casually (especially if dancing with a relative as we don't think it will be enjoyable to be executing "sensual or romantic moves" with someone you are related to!)

### **Salsa / The 10 Key Steps / Intro-Beginner, Beginner & Intermediate / 7:00 pm – 8:00 pm**

This class is perfect from total beginners, people with some or little experience, and **even seasoned dancers** who want to learn or refine their movements to a much higher level. By focusing on simple movements with a higher technical, musical and artistic requirement, the choreography being taught almost always end up become a challenge for even the most experienced dancer. If you have a weakness in your dancing, Teddy and his instructors will definitely address it, refine, and transform to balance your dancing! By focusing on less, students actually end up getting a lot more. Using the 10 Key Steps, students can literally end up with a massive amount of choreography that is more than enough for a leader not run out of moves to execute and for followers to employ various partner-work styling while following the figures! They have a saying, "less is more." Find out what that really means instead of wasting your time with YouTube clips because while you may learn choreography on-line, one needs solid instruction, artistic education and a hands-on approach to learn the formula for balanced advancement. More importantly, you will discover that it's far more important to have a few simple steps, know how to randomly sequence them in logical or more challenging manner, express good timing and musicality, and have good partner work technique (spinning, leading and following), rather than executing movements that look like your nervous has been re-arranged chaotically and be all over the place!

### **Triple Treat: Salsa, Bachata & ChaChaCha / Intermediate – Advanced / 8:00 pm – 9:00 pm**

You need to know the 10 Key Salsa Steps and 7 Key Bachata Movements & Variations (choreography, technique and timing)! The level is challenging (as with all levels), especially if students focus on the fundamental technique and timing required in executing the choreography. The class will also include partner-work styling and basic styling movement with complex requirements! Please note that "intermediate" with UnitedSalseros holds a very different meaning (in most cases, it means "advanced" once students actually experience what they need to do in order to the choreography well).

There are 15 classes, and classes will be rotating between the 3 Latin dances. It will also give students who are not familiar dancing On2 a chance to get familiar with the On2 timing because Cha-Cha-Cha has a very strong connection and similarity to dancing On2. Students will discover that the technique taught in all these dancers will actually compliment with one another rather than conflict with each other. In fact, many figures taught are easily interchangeable with minor modifications. Why be only bi-lingual on the dance floor when you can be tri-lingual?

### **Bachata Performance Team / Intermediate-Advanced / 9:30 pm to 11:00 pm**

If you are willing to work hard, travel all over Ontario and Quebec (mainly) during weekends (several months advance notice will be given), you may want to consider the performance team. Not only are all the classes included, but also additional classes after 9:30 pm every Wednesday. We are looking for approximately 10 couples (no need to bring a partner), and the routine will be choreographed to 5 couples, so there are backups hopefully for each dancer, and there is also a similar team in Toronto learning the same choreography. This allows the company to perform more often and ease the financial and time demands that comes from traveling when performing.

Several factors will be considered for potential candidates, including who referred you, work ethic, ability to work with various partners (no high maintenance), and, of course, learning aptitude. Please email [Teddy@unitedsalseros.com](mailto:Teddy@unitedsalseros.com) for more info (Black Friday special does not apply to those who are interested in the performance team; however, a \$50 discount has been given nevertheless. This bound to be an exciting project as 5 choreographers are working on this project!

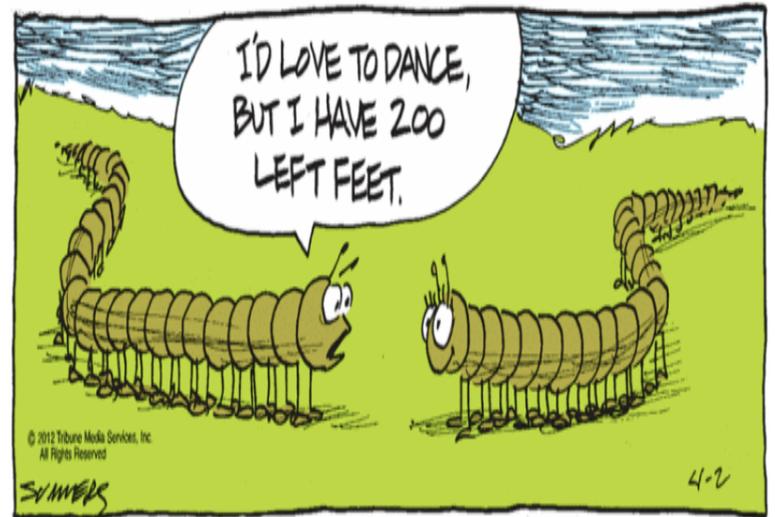
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**ADVANCED REGISTRATION REQUIRED - Please contact Tarek @ [tgharib@hotmail.com](mailto:tgharib@hotmail.com) – No Drop Ins!**

# Why Study With “US”?

Well, for starters, “US” already stands for UnitedSalseros—that should be considered too much of a coincidence! Seriously though, many factors clearly distinguish UnitedSalseros’ instructional methodologies. For instance, setting aside personal discipline and determination, have you ever wondered why out of hundreds of people only a few excel? Do you assume that those who transcend to an exceptional level are either naturally gifted or have had previous training either through other dance forms or physical activities? The good news is, though it requires qualitative practice, you need not be a professional dancer or be born with good genes in order to become proficient at social dancing. You can learn many of the habits of exceptional dancers which distinguish the novice from the average, the average from the good, and the good from the exceptional.

Many students, in an effort to try to get better as quickly as they can or just out of mere desperation, will either take more and more Salsa classes (private or group), take other forms of dance training, or try to take the “cheaper” way by watching YouTube clips. Unfortunately, these methods generally do not produce sufficiently favourable results. Although taking more Salsa classes and/or watching videos online may increase your proficiency in Salsa to some degree, along with your choreographical repertoire -- it does not necessarily mean it will **address the source of all your challenges in dancing**. When technique is not addressed in a manner which allows the students to learn, internalize and apply it, most students will mainly acquire an increase of movement repertoire that they will execute with the same set of problems, (e.g. lack of coordination, poise, centeredness, gracefulness, etc). If choreography were like words, for example – learning more words would not necessarily mean that you would speak more articulately, meaningfully, or eloquently though you might have more words to choose from when talking. Some students may also choose to take various lessons in other dance forms in order to help their Salsa. Can this be beneficial? Absolutely! Any training – provided the instruction is good and the instructors teach with integrity – is a good thing! However, it can also be equally detrimental if it is not streamlined or specialized for what you need. Furthermore, not everyone is really intending to become a professional dancer at other dance disciplines, and many students barely have the time for self-directed practice in Salsa as it is. For the most part, many really just want to improve their Salsa skills, and this is best done with effective salsa teaching and focused salsa practice.



## The UnitedSalseros Solution

Nearly 20 years of teaching has taught me that the constant desire of many students to acquire more and more choreography or to always look for something new – rather than focusing on continually improving past material given – **is the biggest enemy of true change**. Learning slowly and less but with mindfulness can accomplish **FAR MORE** than just acquiring more and more choreography. Would you rather learn 10 moves, and execute them as flawlessly as possible (with the potential to combine them into 100 moves!), or learn 50 moves but your movements will definitely clear the dance floor in an effort to avoid you? What if you can't use any of your moves because you have no technique to back it up or your timing is so off! You do not have to be an instructor to know the right answer for this. It's common sense! UnitedSalseros’ instructional methods stand solidly on its own. We are not one of those companies that can simply land a teaching gig just because we are performing (which normally goes hand in hand in many events regardless of the quality of the teaching). The instructional aspect alone has its own merits as all UnitedSalseros instruction is well-known to have a thorough breakdown of movement for both choreography and technique. You will not get abstract concepts such as “be smooth, be powerful, etc” or “don't do this or that, etc.” Everything will be explained so that students can understand the concepts, internalize them, and gradually acquire and maintain them (a somatic – even therapeutic – way to learn for many). Therefore, it works with all levels of students and hence why UnitedSalseros is also well-known as the “instructor for instructors” for the members of various dance companies—including its friendly competitors! Furthermore, the majority of our instructors (male and female) are able not just to instruct both leaders and followers, but also to DANCE both roles as a social dancer (a very important distinction as compared with someone who can just “show or explain” the opposite role without directly experiencing it. Outlined below are some of the technical elements, along with timing and musicality, which students will be learning along with the choreography taught throughout the classes:

Foundational Footwork	Spinning
<ul style="list-style-type: none"> <li>• Natural hip action with even weight transfer</li> <li>• Balanced counter movements between feet, arms and body during a basic step</li> <li>• Excellent footwork definition and execution</li> <li>• Advanced stepping with movement overlap involving shoulder, elbow and wrist</li> <li>• Lazy stepping and stilting step as a skilled movement – not by default</li> </ul>	<ul style="list-style-type: none"> <li>• Top-like turns on the spot (both directions)</li> <li>• Control of speed and momentum with ease</li> <li>• Practical spotting during turning</li> <li>• Traveling turns</li> <li>• Gradual development of double and/or triple turns</li> <li>• Proper postural adjustments</li> <li>• Natural grounding</li> </ul>
Partner Work	Choreography
<ul style="list-style-type: none"> <li>• Gentle, clear leading and responsive, supple following with highly advanced arm-work styling</li> <li>• Elastic resistance whenever required</li> <li>• Adaptable, sensitive, and tension proof following &amp; leading skills whenever necessary</li> <li>• Advanced compensation/survival strategies when dancing with individuals who have leading/following problems</li> </ul>	<ul style="list-style-type: none"> <li>• Key Salsa shines that serve as foundational figures for majority of fancy footwork</li> <li>• 7 major body isolations and basic application; Basic Afro-Cuban (Rumba)</li> <li>• 10 Key Interchangeable Salsa Steps (KISS) that serve as foundational figures for majority of Salsa patterns</li> <li>• Intermediate-Advanced turn patterns with 3D Styling (Hands, Feet and Body Isolations)</li> </ul>

Students will also learn the principles that make the above-mentioned elements (or any choreography learned in the future) beautiful to watch, covering the theories of relaxation, center work, sequential movement, pressure control, advanced coordination and movement overlap. This addresses the proven theoretical framework as to what makes someone transcend from a dancer to an artist technically and gives the dancer the skills to express himself or herself to the music according to his/her preferences. In addition, the beauty behind these classes is that everything is under one roof without the need for specialized classes which saves time and money in the short-term and long-term with qualitative practice. Furthermore, the technique learned in these classes will prove invaluable to those who teach or are part of a performance team. Last, but certainly not least, the style that UnitedSalseros teaches is not carved in stone — in fact, it will give you far more options than most (whether you choose to be subtle, powerful, neutral, or all three combined). Aside from the timing aspect, there is also very little difference in how we dance On1 or On2 (side note: don't let people fool you into thinking that On2 is superior to On1 just because many good dancers like to dance On2 – it's simply a preference. Everything you learn in these classes can be done On2 later on (or vice versa) with very minor adjustments in musical pacing). In closing, no amount of fancy advertising (fancy photos with glorious tricks and poses, attractive models, eye-popping on-line video clips, etc) will ever prove someone's instructional proficiency or effectiveness – other than their effectiveness in tempting you to sign up for lessons! The true determining factor of an effective school is the experience you have once you've taken some lessons and start seeing measurable results.

# Read for yourself



**O**ur company emphasizes technique and foundations in our classes, for that is what will help you improve quicker in the long run. It was noticeable in our guest workshops with UnitedSalseros' group how much attention was placed on technique. Teddy and his instructors have an uncanny ability to explain the most minute details that teachers often leave behind, and it shows in his team of dancers. UnitedSalseros instructors has done an amazing job training them. My dancers are always raving after their dances with the people from his team and are always looking forward to the next one.

-- **Ana Masacote**, CEO/Artistic Director of Masacote Entertainment (Boston)

**U**nitedSalseros have the best and most comprehensive approach for dancing salsa in the world. I have travelled to over 30 countries worldwide, and the best instruction for technique and style is in Toronto at UnitedSalseros. When Zoe wanted to learn salsa 4 years ago, I brought her to Teddy because he is the teacher I thought had the best communication skills & knowledge for spinning, leading and following, imagery, and style. UnitedSalseros have a unique system for in-depth dance knowledge, and it should be a center for international level salsa instruction.

--**Dave Paris & Zoe Klein**, Paradizo Entertainment, Semi-Finalists America's Got Talent (New York / San Francisco)

**F**or several years now, I have had the experience to work and dance with, as well as observe, dancers coming out of the UnitedSalseros training methodology. UnitedSalseros dancers aim to develop a well-rounded and balanced approach to dancing similar to the attitude displayed by excellent dancers of various dance disciplines I have observed in my extensive career as a professional dancer and teacher for more than 30 years. With well thought-through and multi-faceted dancing technique, their talent is brought out and blossom in exciting ways, which makes them interesting to watch as they develop into dedicated performers, instructors and social dancers.

--**Ana Machado**, Afro-Cuban Dance & Salsa Instructor (Toronto-Cuba)

**I**n my 5 years of professional experience in the Latin dance community I have traveled to over 25 countries taking classes and training with some of the biggest names in the industry. I have to say beyond a shadow of a doubt that Teddy is the most methodical, precise, detailed, & principled instructor that I've ever come across. His depth of knowledge and understanding of the human frame and how it pertains to partner dancing far exceeds anyone I've ever seen and is proven through the capabilities of his dancers (some of the best dancing connections I've ever experienced worldwide). Teddy's theories and methodologies just make perfect sense when explained. It is understanding the "why" behind every movement that really sets up a critical foundation that most dancers around the world are missing.

--**Anthony Umina**, Amante Dance Co. Owner/Director/Choreographer (San Diego)

**T**eddy Olaso is one the best dance teachers I have seen. His analogies, demonstration and instructions are very easy to understand. He is the master of finer points of dancing and people should take advantage of this rare type of instruction that produces qualitative results. He also does his research when it comes to dances. Although he could have simply taken simple Bachata structure and added fancy Salsa turn patterns which would have been enough for him to teach Bachata commercially, he was humble enough to start from scratch (along with professional team) in learning authentic Bachata as danced in the Dominican Republic when he sought me out for instruction—a sign of being not just a good dancer but also an artist.

--**Rodney Rodchata Aquino**, Rodchata Enterprise, LLC (San Francisco)

**W**e have a huge respect for Teddy Olaso for his brilliant and unique teaching techniques. Anyone can learn moves & patterns with other instructors, but learning with Teddy will enable you to understand the semantics of movements which trains you to execute them perfectly. His technique has provided us the foundation to express art & discover our own flavour of dancing. His artistic/choreographic abilities have always won hearts & have a beautiful soul with a connection to culture & folklore. We have been associated with Teddy for almost around 10 years & have been channelizing his thoughts & teaching philosophy to different parts of the world. More than a teacher he is a mentor, guide & a great friend.

---**Berenice Angelica Carrasco and Sumeet Chawla**, Exponential Art Dance Company ((Mexico - India)

**T**eddy provides outstanding instruction. His teaching methodologies shine through each of his students as proof of his concepts. One thing in particular that stood out the most about Teddy is his body isolation and lead which are his two major strengths (in my opinion), Learning from Teddy will certainly take your salsa to the next level, setting you above the rest. To reflect on the UnitedSalseros dance school itself: it has been consistently growing throughout the years and has become a well respected brand in Canada which can be incredibly difficult to establish in an arts field. It is the high standard of the school that provides the opportunity for its growth. It doesn't matter if you are new to salsa or if you have been dancing for years; you will learn something new and exciting every time you take a class with Teddy/US.

--**Talek Cameron**, former instructor of Queen's University Salsa (Kingston)

**I** am an avid social dancer and a salsa dance teacher and performer. I have been dancing for almost 7 years now and have only been taking private lessons with Teddy for 6 months. In those 6 months, I have learned more about dance technique than in years prior. I was shown methods that have greatly improved my frame, connection and movement. In the past, I have had trouble with certain moves that involve momentum, timing and seamless connection between myself and my partner i.e.) cross body 360 and copas. Under Teddy's instruction, I have gained a better understanding of those issues and am able to execute them correctly. The most valuable lesson I have learned thus far has been Teddy's breakdown of fundamentals. With time, patience & practice anyone can become a great dancer when instructed by him.

**Andrew Gray**, Instructor, Salsa Club @ York University (Toronto)

**U**nitedSalseros is one of the highest quality schools in all of Canada. The amount of time that is focused on the fundamentals far exceeds what is normally taught. Teddy has a history of producing more high calibre dancers than any other instructor that I know of in Canada. This is one of the main reasons why we waited all these years until the timing is right to finally bring him over to the region! All UnitedSalseros instructors that Teddy trained are highly proficient on their own as it is, and we are truly fortunate that TO (Teddy Olaso) is indeed coming to Kitchener/Waterloo area!

---**Tarek Gharib**, DJ, DJ Tarek Salsa Events (Hamilton & South-Western Ontario)

**T**eddy's school & body movement methodologies are known as "Toronto's best kept secret". With his tutelage, make your dancing feel natural, musical and dynamic. Teddy's classes are fun, build gradually & the variety of skills sets gives his students all the tools you need to become one of the most sought after dancers on the social dance floor. University students in the Kitchener/Waterloo area should take full advantage of his instructional time in the region!

--**Martin Dudkiewicz**, Instructor, University of Toronto Dance Club (Toronto)

**U**nitedSalseros is truly unique in their approach to teaching in that they separate the essential elements of salsa such as musicality, the mechanics and quality of movement from the noise and flashy distractions and effortlessly deliver insights that often elude even the experienced professional dancers. As a former student and a fan, I warmly recommend joining their entertaining lessons or performance groups!

--**Laurian Angelescu**, Founder and Former President and Sr. Instructor, University of Waterloo Mambo Club (Waterloo)

**T**eaching and performing with UnitedSalseros continues to be one of my greatest learning experiences as a dancer, instructor and artist. The quality of instruction Teddy delivers is truly at a different level in its ability to produce qualitative measurable results for not just some but to all levels of students with various learning aptitudes. He has also trained (and continues to train) hundreds of performers and instructors all over Toronto and abroad from various dance companies outside of the school ; many of which are already highly established dance instructors and performers themselves. All UnitedSalseros Sr. Instructors are available to deliver the same-level of quality of instruction, and instruction is now available not only in Toronto and Kitchener-Waterloo area, but also in Square One, Mississauga!

--**Kevin Gomes**, Sr. Instructor, UnitedSalseros West (Mississauga)