

DIANE CELESTIN

WEDNESDAYS
6:00P-7:00P
STUDIO 1

SALSA 201 SYLLABI BREAKDOWN



A

LOWER BODY

- 1/14/26 WEEK ONE: 6 BASICS
- 1/21/26 WEEK TWO: RIGHT TURN
- 1/28/26 WEEK THREE: LEFT TURN & CROSSEVERS
- 2/4/26 WEEK FOUR: REVERSE WALKS & REVIEW OPEN/CLOSED POSITION

B

UPPER BODY

- 2/11/26 WEEK ONE: HOOK STEP & OPEN/CLOSED POSITION TRANSITION
- 2/18/26 WEEK TWO: BOX & OPEN CROSS BODY LEAD
- 2/25/26 WEEK THREE: CHORD BEAT FLARES & CLOSED CROSS BODY LEAD
- 3/4/26 WEEK FOUR: ALL COUNT FLARES & BACK-TO-BACK MOVEMENTS

C

SPINS & PIVOTS

- 3/11/26 WEEK ONE: SINGLE LEG PIVOT DRILLS & REVERSE CBL
- 3/18/26 WEEK TWO: SPIN DRILLS (1/4 & 1/2) & CBL REVERSE CBL
- 3/25/26 WEEK THREE: SPIN DRILLS (3/4 & FULLS) & CBL INSIDE TURN
- 4/1/26 WEEK FOUR: SPIN DRILLS (1/4 - FULLS) & CBL INSIDE TURN

D

BODY MOVEMENT COMBINATION

- 4/8/26 WEEK ONE: RIGHT TURN
- 4/15/26 WEEK TWO: LEFT TURN
- 4/22/26 WEEK THREE: FREE SPINS
- 4/29/26 WEEK FOUR: COMBINATION

SALSA 201 SYLLABI BREAKDOWN

CLASS DESCRIPTION

COURSE PREREQUISITE

SALSA 102 & 103

COURSE INSTRUCTOR

DIANE CELESTIN

FOOTWORK & INTRODUCTION DEFINED

Provides a deeper understanding of the following concepts in Footwork: 1) 6 Basics 2) Crossovers 3) Reverse Walks
4) Hook Step 5) Box Step 6) Chord Beat Flares 7) All Count Flares 8) Suzie Q

PARTNERWORK DEFINED

Provides a deeper understanding the following concepts in Partnerwork:
1) Hand-Holds 2) Connection (Creating stability in leads and relaxation and listening in follows arms 3) Basic & Side Basic 4) Left & Right Turns 5) Cross Body Lead 6) Reverse Cross Body Lead 7) Cross Body Lead Inside Turn

COURSE EXPECTATIONS

Student must complete the course and have reviewed all concepts to move into 103 material.

WORD BANK

REVIEW & MASTERY of 102 & 103				
History & Culture	Music: Musical Measures; Clave & Conga	Timing: 123 567	Rhythm: Quick Quick Slow Quick Quick Slow or QQS QQS	Weight Transfer: Lead LRL RLR; Follow RLR LRL
Direction of Travel	Shines	Partnerwork	Intro to Body Movement	
FOOTWORK/SHINES				
6 Basics	Basic Step	Anchored Basic Step	Progressive Basic Step	Crossovers
Reverse Walks	Hook Step	Box Step	Chord Beat Flares	All Count Flares
Susie Q	Right Turn	Anchored Right Turn	Progressive Right Turn	Left Turn: Progressive only
FOOTWORK LINKED TO PARTNERWORK				
Basic Step	Side Basic	Right Turn	Left Turn	Cross Body Lead (CBL)
CBL Inside Turn	Reverse CBL	Free Spins	Combinations	Outside Turns
PARTNERWORK CONCEPTS				
Lead/Follow	Hand-Holds	Connection	Open Position	Closed Position
Transitions	Frame	Lanes	Combinations	