

THURSDAYS
7:15P-8:15P
STUDIO 1

SALSA 103 SYLLABI BREAKDOWN



JUAN MIGUEL ARIAS

A

HISTORY, CULTURE, MUSIC & BASICS

5/14/26 WEEK ONE: HISTORY, CULTURE, TIMING & MUSIC | 6 BASICS
5/21/26 WEEK TWO: RIGHT TURN & LEADS
5/28/26 WEEK THREE: RIGHT TURN & CONNECTION & CONSENT
6/4/26 WEEK FOUR: LEFT TURN & LEADS

B

LEFT & RIGHT TURNS & SHINES

6/11/26 WEEK ONE: SUSIE Q | LEFT TURN & CONNECTION
6/18/26 WEEK TWO: HOOK STEP | LEFT TURN & FRAME
6/25/26 WEEK THREE: CHORD BEAT CROSS OVERS | RIGHT TURN & FRAME
7/2/26 WEEK FOUR: CHORD BEAT BOX | LEFT TURN & RIGHT TURN

C

CROSS BODY LEAD & INSIDE TURN

7/9/26 WEEK ONE: CROSS BODY LEAD & LINEAR TECHNIQUES
7/16/26 WEEK TWO: CROSS BODY LEAD & CLOSED POSITION
7/23/26 WEEK THREE: CROSS BODY LEAD INSIDE TURN
7/30/26 WEEK FOUR: CROSS BODY LEAD & INSIDE TURN PRACTICE

D

REVERSE CROSS BODY LEAD & PATTERNS

8/6/26 WEEK ONE: INTRODUCTION TO REVERSE CROSS BODY LEAD
8/13/26 WEEK TWO: CROSS BODY LEAD & REVERSE CROSS BODY LEAD
8/20/26 WEEK THREE: PATTERNS (CBL, INSIDE TURN, REVERSE)
8/27/26 WEEK FOUR: PATTERNS

SALSA 103 SYLLABI BREAKDOWN

CLASS DESCRIPTION

COURSE PREREQUISITE

ABSOLUTE BEGINNER 101 & SALSA 102

COURSE INSTRUCTOR

JUAN MIGUEL ARIAS

FOOTWORK & INTRODUCTION DEFINED

Provides a deeper understanding of the following concepts in Footwork: 1) History & Culture 2) Timing (Quick Quick Slow) 3) Weight Changes 4) Basic Step: Progressive Vs. Anchored 5) 6 Basics 6) Right Turn 7) Left Turn

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

Students must complete the course and have reviewed all concepts to move into 102 material.

WORD BANK

REVIEW & MASTERY of 100				
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	Progressive vs. Anchored Basic Step	Side Basic	Back Basic
Forward Basic	Cross Basic	Cumbia Step	Susie Q	Hook Step
Chord Beat Cross Overs	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	Combinations		
PARTNERWORK CONCEPTS				
Lead/Follow	Hand-Holds	Connection	Open Position	Closed Position
Transitions	Frame	Lanes	Combinations	