

MIRANDA
HERNANDEZ &
DANAE EDWARDS

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

SALSA 201 SYLLABI BREAKDOWN



LOWER BODY MOVEMENT

- 9/9/2026 WEEK ONE: CLOCKWORK; BENT LEG/STRAIGHT LEG
9/16/2026 WEEK TWO: DOWN HIP
9/23/2026 WEEK THREE: CROSSEOVERS; CONTINUOUS CROSS BODY LEAD
9/30/2026 WEEK FOUR: REVERSE WALKS; REVERSE CROSSBODY LEAD

UPPER BODY MOVEMENT & CROSS BODY LEADS

- 10/7/2026 WEEK ONE: CLOCKWORK; HOOK STEP; CROSS BODY LEAD
10/14/2026 WEEK TWO: CUBAN; CROSS BODY LEAD INSIDE TURNS
10/21/2026 WEEK THREE: SHOULDER ROLLS & SHIMMIES ; WIFI CONNECTION
10/28/2026 WEEK FOUR: ALL COUNT FLARES; CBL COMBINATION

SPINS & PIVOTS

- 11/4/2026 WEEK ONE: SPIN DRILLS (1/4 & 1/2); CBL INSIDE TURN & FREE SPINS
11/11/2026 WEEK TWO: SPIN DRILLS (3/4 & FULLS) ; CBL OUTSIDE TURN
11/18/2026 WEEK THREE: SPIN DRILLS (1/4 - FULLS); CBL INSIDE TO OUTSIDE TURN
11/25/2026 WEEK FOUR: FAKE OUTS & DOUBLES; COMBINATION

INCORPORATING FOUNDATIONS IN PARTNERWORK

- 12/2/2026 WEEK ONE: SHINES COMBO IN PARTNERWORK
12/9/2026 WEEK TWO: SHINES COMBO IN PARTNERWORK
12/16/2026 WEEK THREE: COMBINATION
12/23/2026 WEEK FOUR: COMBINATION
12/30/2026 WEEK FIVE: ASSESSMENT DAY

SALSA 201 SYLLABI BREAKDOWN

CLASS DESCRIPTION

COURSE PREREQUISITE

SALSA 102 & 103

COURSE INSTRUCTOR

MIRANDA HERNANDEZ & DANA E EDWARDS

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	