

Class Level Assessment Information

Level 1 (Beginners) to Level 2 (Bridging) Assessment

- Mambo Step
- Cross body lead
- Cuban Break Straight Line and twisting
- Followers Clock turn
- Rumba step
- Mambo step
- Open Break
- Basket turns
- Followers $\frac{3}{4}$ left spin
- Opening out
- Mambo step
- Circling (around the world)
- Cuban Basic
- Dile Que No

To move to the bridging class you must be able to lead/demonstrate the above moves on time to simply constructed salsa music.

Level 2 (Bridging) to Level 3 (Improvers) Assessment

Bridging Syllabus plus:

- XBL with inside turn
- XBL with outside turn
- Cuban Breaks straight line
- $\frac{3}{4}$ inside turn to close hold
- Mambo
- Double walk turn to X hand hold
- Copa with left turn
- Left turn
- Mambo
- Circling
- Dile Que No with outside turn
- Cuban Breaks twisting
- Inside turn to circling
- Dile Que No inside turn

To move to the improvers class you must be able to lead/demonstrate the above moves to salsa music

Level 3 (Improvers) to Level 4 (Intermediate)

At Intermediate level we expect students to:

We ask that Intermediates (men and women) demonstrate competency in the following moves and techniques. The moves are designed to show balance, movement, control, timing and spinning technique.

Bridging & Improver Syllabus plus:

- XBL with inside turn twice in a row no basics between
- Walk turn, hook turn, syncopation step
- Double right into Susi Q
- Double left into cord step
- Rumba left turn
- Copa with 1.5 turn exit twice off no basics between
- Leader/Follower Connection
- Shape and space
- Leg and hip motion
- Cuban motion