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Seven Reasons to Salsa Dance



The Salsa dance is a Latin dance that is fuelled by Afro-European music, Cuban Band melodies and Latin American beats. The salsa is a passionate and vibrant dance. It is known for its footwork and intimate and sexy movements. The word salsa comes from the Spanish word for sauce. The Cuban sauce with the same name uses ingredients and mixes into a spicy and flavourful sauce. The dance is much alike; using elements from other dances and incorporates it into one dance. This sultry and lively dance is not only a favourite in Latin American countries but was also based in North American cities of Los Angeles and New York.



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There are a lot of reasons to start learning Salsa. Here are just a few reasons why you should start learning the Salsa Dance;

1. The Salsa dance is a great work out. It is a great substitute for working out in a gym. Dancing the salsa is great exercise and fun. Dancing is a great cardio work out and the salsa dance exercises both the legs and torso. Salsa dancing also increases flexibility and increases the secretion of endorphins as you dance.
2. Learning to dance the salsa helps in increasing your confidence and boosts your self esteem. The salsa is a complex and vibrant dance. Learning this dance helps with knowing how to move your body and knowing how to move around the dance floor. This helps with your self esteem and increases your confidence when around people and around people of the opposite sex.
3. The Salsa dance also improves your timing and your reflexes. Because of the coordination and dexterity required for the footwork and dancing, your reflexes and overall timing are improved when learning to dance the Salsa.
4. The Salsa dance is a combination of many other dances. It mixes so many dances yet is open to improvisation. Learning the Salsa also sets up the foundation to learn many other dances such as the Rumba, the Pechanga and the Mambo. These dances share the same principles and basics as the Salsa and most of them also use the same music and rhythm.
5. Learning to dance the Salsa also helps with your relationships with the other sex. Along with improving your self esteem and confidence, learning to dance also teaches you on how to get physically involved with the opposite sex. You notice the subtle differences between men and women and how to move your body with and against your dance partner. There is also that dance myth, that a good dancer is also a good lover.
6. The Salsa dance helps with your social life. Dancing is a social activity and cannot be done alone. You get to meet other people when you go out dancing. You get to interact and socialize with other dances and share a common factor with salsa dancing.



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7. And lastly, the greatest and most important reason to start learning the salsa dance is because it is just plain and simple, so much fun. Salsa is an energetic and vibrant dance and you cannot help but have fun with other people when you dance the salsa.

Contact Details:

Latin Revolution Dance Academy - Salsa Dance Studio

3289 Lake Shore Blvd W

Etobicoke, ON M8W 1M8

Phone: 647-875-6048

Website: <https://www.latinrevolutiondance.com>

Google Site: <https://sites.google.com/site/salsadancestudiotoronto/>

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