



Dance Development - 2026

At the beginners level, the focus was on basic introductory steps including a basic understanding of the timing and the music. Our 'Dance Development' level is key to your progression as this is where the magic starts to happen and by the end of this level you should really feel able to 'dance' to salsa music. Once you get to this point do not be surprised to feel the hook of salsa 😊

You will need to spend a minimum of 12 weeks at this level (assuming you are attending weekly) to get the maximum benefit from your classes. As with our beginners level, you will be able to progress to our Core Techniques Foundation level when you are able to understand and execute the material contained within this document. When you feel ready to move to the next level please book a slot with Basil for your assessment.

We would like to thank you for your cooperation and hope you enjoy your experience with Dance2Salsa Dance Company.

Basil Pinnock (UKA) - 'raising standards'

TO BE COVERED EVERY WEEK
Core Technique and Core Principles
Leading and Following
Music, Timing and Rhythm
Shines and Footwork

WEEK 1

Review level 1 course content and create combinations for freestyle
Introduction of modifiers to level 1 course content
Freestyle

WEEK 2

360 left pivot turn rotation
Choice of level 1 content
Freestyle

WEEK 3

360 right pivot turn rotation
Choice of level 1 content
Freestyle

WEEK 4

360 left pivot turn rotation with modifier
Choice of level 1 content
Freestyle

WEEK 5

360 right pivot turn rotation with modifier
Choice of level 1 content
Freestyle

WEEK 6

Freestyle and refine everything learnt so far
Review, recap, questions as necessary

WEEK 7

Review level 1 course content and create combinations for freestyle
Introduction of modifiers to level 1 course content
Freestyle

WEEK 8

360 left pivot turn rotation
Choice of level 1 content
Freestyle

WEEK 9

360 right pivot turn rotation
Choice of level 1 content
Freestyle

WEEK 10

360 left pivot turn rotation with modifier
Choice of level 1 content
Freestyle

WEEK 11

360 right pivot turn rotation with modifier
Choice of level 1 content
Freestyle

WEEK 12

Freestyle and refine everything learnt so far
Review, recap, questions as necessary