

BACHATA & SALSA

Dancing mistakes to avoid

Dance frame

- having “spaghetti arms”
- elbows going behind the body

Simple dance flow

- juggling hands
- bouncing head/body

Leading and following

- no preparation for elements
- grabbing the hands
- counter leading

Body balance

- not keeping the weight controlled (common in turns)

Predictable movements

- not knowing/dancing on 1 or 5
- not “pausing” on 4 and 8
- not moving in the right direction

* If you are not sure about the meaning, do not hesitate to ask teachers about it

