

Survival Steps and Skills – Seattle Rueda

Seven Survival Skills

1. Keeping the rhythm	<ul style="list-style-type: none"> • Salsa rhythm (123-567-) • Mambo/cowbell rhythm (1357) • Find the beat through visual cues from others, and through listening to the music.
2. Keeping in sync with the circle	<ul style="list-style-type: none"> • Watch the caller. • Watch another follow if you are a follow.
3. Recovering from errors	<ul style="list-style-type: none"> • How to recover the rhythm and position. • How not to disrupt the circle: keep doing guapea if you don't know the call. • Footwork is RLR-LRL for leads, and LRL-RLR for follows.
4. Executing the pause	<ul style="list-style-type: none"> • Make a distinct pause on 4 in díle que no. • Be in the correct position for the pause. • Feel the pause and don't rush it.
5. Dancing with the circle and keeping its shape	<ul style="list-style-type: none"> • Dance with your partner and the circle. • Keep the shape of the circle.
6. Knowing the difference between leading and following	<ul style="list-style-type: none"> • Leads lead; follows follow. • Understand how these roles are different.
7. Treating each other with courtesy and respect	<ul style="list-style-type: none"> • Be aware of how your grip, amount of force, actions, attitude, words, and dance skills affect others on the dance floor.

Twelve Building Block Steps

1. Caminamos in Tiempo de España position	Tiempo de España position is the “closed position” of casino/Cuban salsa.
2. Guapea	This is the “basic step” of casino/Cuban salsa.
3. Díle que no and Dáme	Díle que no is like a cross-body lead, only different. In a rueda, it moves the follow from the lead's right side to his left. Dáme is a change of partners that includes a Díle que no with the new partner.
4. Adiós	
5. Enchufla	
6. Adiós con la hermana	Adiós then Enchufla then Díle que no – all with one partner
7. Vacílala	
8. Sombrero	
9. Setenta	
10. Enchufla pero no	Enchufla into Tiempo de España position with current partner
11. Albanico (aka Llévala pa' abajo)	Albanico can be done in Tiempo de España position but not in guapea position.
12. Exhíbela (from Albanico)	In Exhíbela the follow does a turn to her right. In a rueda, exhíbela can be called when the follow is on the lead's right.