***SALSA!!!***

**Where did salsa originate?**

Origin of salsa traces from Cuba as the meeting point of Spanish and African cultures.

Salsa originated from the ‘Cuban Son dancing of the 1930’s’. It has had many strong influences by some Afro-Cuban folkloric dances such as:

* Mambo
* Danzon
* Guaguanco

Today, there are a variety of different versions of salsa, the most popular being Cali-style (from Colombia), Cuban-style (“Casino”), LA-style, New York-style, and Puerto Rican-style.

Salsa is normally a partner dance. Some forms of salsa, like Reuda de Casino, include groups of couple’s exchange partners while in a circle.

**How did I feel before my first salsa class?**

I felt nervous that I would make a fool out of myself in front of the entire class. Because of this I felt unwilling to participate. I was determined not to take part and not do this particular course.

**How did I feel during my first salsa class?**

I felt excited, proud, willing to try this. I was proud of myself for ignoring my fear of embarrassment and just had fun. I felt really tired about half way through though, salsa is really a workout on its own. :)

Over all I felt like I can do this and even if I make a fool of myself I’m just going to laugh and have fun.

**How did I feel after my first salsa class?**

I was exhausted. Who knew that salsa could be so tiring. Other than that I felt pumped up and exercised. I felt like I had just learnt something brand new and I had never done it before and that I was ready to show the whole world my new skills. I began to understand that salsa is more about communicating with your body and face than it is about actually dancing it correctly.

**What did I learn?**

I learnt that to dance salsa it is much harder than it looks. I learnt that salsa is more about your body language than about how you dance. You could be looking proud and happy but you are entirely off beat and you are not following the music but you still look good and nobody can tell if you are doing it wrong or not.

**Rating my open-mindessness**

On a scale of one to five I think that I was a two before I even started the class, a four during the class, and a five after the class.

Before I even had my first class I was like, now ay am I going to dance in front of everyone else. I just was not ready to do that yet but then when I tried it I realized that it was a lot of fun. And I actually wanted to do more. After class I was so excited that I couldn’t wait for the next class.

**Rate my willingness.**

On a scale of one to five I think that I was a three before I started class, a four during class, and a five by the end of class. I was more willing to do it that I was open minded about it. In the end it was really fun and I wish that I had been more willing to do it before I even started.

**What strategies did you use to learn the steps?**

I did what I was told. I didn’t talk. I paid attention and followed what the instructor told us to do. I followed the beat but didn’t count it out loud because that would just confuse me. Actually I didn’t count the beat at all. Once I found the beat I would stop counting and just feel the beat. I find it easier that way than having to count out loud. I think that having to count the beat in the pieces of music that I have to dance to for ballet helps a lot because the beat in those pieces are a lot harder to find. I guess that my ear is so accustom to immediately trying to find the beat in a piece of music, that it comes naturaly when I have to keep track of it.