

# Salsa Moves Level 1

Alternating turns WRT,MRT,WRT

Opening up (closed pos)

Sweetheart crossover (open pos)

Cross body lead with

Woman's left turn

Shoulder turn (closed pos)

Sweetheart (open pos)

Alternating turns

Cumbia Turns

Enchufala, doble LR

Waist turn right, left

Disco turns

Under arm turn

Hammerlock RR

Windmill X-hands

with catches, with hook turn

Hammerlock WRT to Disco (open pos)

Out of the way to Free spin RL

Shines

Suzy Q

Side cross

slide

Left turn

WRT= woman's right turn WLT= woman's left turn

MRT= man's right turn MLT= man's left turn

LR= man's left hand to woman's right etc