

# Beginning Salsa Syllabus

**Footwork** (basic steps from ladies perspective. Men begin on step 5 with weight on right foot)

**Turns** (basic steps from ladies perspective. Men begin on step 5 with weight on right foot)

**Side Basic**  
Begin with feet together, weight on left foot

1. Step side with right foot
2. Step in place with left foot
3. Close right Foot to left Foot
4. No step
5. Step side with left foot
6. Step in place with right foot
7. Close left foot to right foot
8. No step

**Cuban Basic**  
Begin with feet together, weight on left foot

1. Step side and slightly back with right foot
2. Step in place with left foot
3. Close right foot to left foot
4. No step
5. Step side and slightly back with left foot
6. Step in place with right foot
7. Close left foot to right foot
8. No step

**Mambo Basic**  
Begin with feet together, weight on left foot

1. Step back with right foot
2. Step in place with left foot
3. Close right foot (slightly forward) to left foot
4. No step
5. Step forward with left foot
6. Step in place with right foot
7. Close left foot (slightly back) to right foot
8. No step

**Shuffle Basic**  
Begin with feet together, weight on left foot

1. Step side with right foot
2. Close left foot to right foot
3. Step side with right foot
4. Tap left foot forward
5. Step side with left foot
6. Close right foot to left foot
7. Step side with left foot
8. Tap right foot forward

**Basic Right**  
Begin with feet together, weight on left foot

- 1-4. Side basic right
5. Touch forward with left foot

6. Pivot right (full turn) with weight mostly on right foot
7. Close left foot to right foot
8. No step

**Quarter Left**  
Begin with feet together, weight on left foot

- 1-4. Side basic right
- 5-8. Mambo forward with quarter turn on count 7

**Outside Cross Body Lead (Lady)**  
Begin with feet together, weight on left foot

- 1-4. Mambo back with right foot
5. Forward left foot
6. Forward right foot
7. Forward left foot with half turn to right
8. No step
- 1-4. Side basic right
- 5-8. Side basic left

**Outside Cross Body Lead (Man)**  
Begin with feet together, weight on right foot

- 1-4. Mambo forward with quarter turn left
- 5-8. Side basic
- 1-4. Mambo forward with quarter turn left
- 5-8. Side basic

**Cross Body Lead (Lady)**  
Begin with feet together, weight on left foot

- 1-4. Mambo back with right foot
5. Forward left foot
6. Forward right foot with half turn to left
7. Step back with left foot (stay in same line)
8. No step

**Cross Body Lead (Man)**  
Begin with feet together, weight on right foot

- 1-4. Mambo forward with quarter turn to left
- 5-8. Side basic right with quarter turn to left

**Basic Left**  
Begin with feet together, weight on left foot

- 1-4. Side basic right
- 5-8. Mambo forward with half turn on count 7
1. Touch forward with right foot
2. Pivot left (half turn) with weight mostly on left foot
3. Close right foot to left foot
4. No step
- 5-8. Side basic left