



Syllabus On 1

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Some important info

Test in requirements

1. All moves and concepts mentioned in each level below will be tested during test-in to a higher level. All such moves have an asterisk (*).
2. During test-ins, you will not only need to “know” a move, but also exhibit a decent grasp on the concepts associated with executing the moves.

Legend

Move – All moves are core moves.

Move – Ctrl + Click to open the video demonstration/tutorial.

Level 1 – On1 Salsa Basics

Moves

Solo

- Basic Forward / Side / Back rocks
- Right turn
- Traveling half turn (CBL turn)

Partner work

- Position 1 (open) and 2 (closed), and transitions
- Basic steps
- Right turn (with all hand combos)
- Cross-body lead (open and closed)

Concepts

Connection

1. Contact points and frame.
2. Positive and negative tension.
3. Eyes on the partner, not feet.

Steps

4. Weight transfer
5. Push off the floor.
6. Staggered steps

Flow

7. Keep timing.
8. Transition from basic-turn-basic.

Level 2 – Core Steps & Movements

Moves

Solo

- Left turn
- Crossover step and slide
- Suzie Q

Partner work

- Left turn
- New York walk
- Inside turn
- Outside turn
- Arm tosses / flicks
- Open breaks

Concepts

Connection

1. Leads initiate unambiguously.
2. Follows complete with no back leading.
3. Only connect as/till needed.
4. Hand placement and response

Steps

5. Right place at the right time.

Flow

6. Same moves with different variations.
7. Consecutive turns, no basics

Level 3 – Variations

Moves

Solo

- Suzie variations: back-step / walk / plus / in-out / point / mambo taps
- Syncopated and Cha-cha steps.
- Suzie Q variations

Partner work

- Hammerlocks / S-turns
- Tandem position / wraps
- Copa
- Free spins
- Intricate turns and combinations

Concepts

Connection

1. Leading, directing, and blocking.
2. Disconnections and follow's freedom.
3. Injury prevention

Steps

4. Basic hip and body movement.
5. Dynamic movement and styling.
6. Spotting during turns.

Flow

7. Creating patterns.
8. Musicality.