



Absolute Beginners Syllabus - LADIES & MEN  
Cuban Salsa Footwork Vol 1

# CUBAN VIBES DANCE SCHOOL

This flip book is a a reference guide only and  
can be used to support your learning, please  
note this is not a tutorial guide.

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Vol.1

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**This flip book covers LADIES & MEN Cuban Salsa  
footwork from our Absolute Beginners dance syllabus.  
Please note, this flip book does not covers LADIES &  
MEN Cuban Salsa turns.**

## **LIST A - Z**

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**Back basic step - Page 5**  
**Cross Over step - Page 6**  
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## Absolute Beginners Syllabus in Ladies timing

## Absolute Beginners Syllabus in Men's timing

Around the World step in Ladies timing

Around the World step in Men's timing

Back basic step in Ladies timing

Back basic step in Men's timing

Cross Over step in Ladies timing

Cross Over step in Men's timing

Cucaracha step in Ladies timing

Cucaracha step in Men's timing

Mambo step in Ladies timing

Mambo step in Men's timing



Marking Time step in Ladies timing

Marking Time step in Men's timing



Open Basic step in Ladies timing

Open Basic step in Men's timing



Rumba Cross step in Ladies timing

Rumba Cross step in Men's timing



Son step in Ladies timing

Son step in Men's timing





Let us know your comments about our flip book range as your views are important.



If you have any ideas about ways we can improve our services please let us know.

Check out the full list of Beginners moves on our You Tube channel.





THANKS FOR YOUR CONTINUAL SUPPORT



SEE YOU ON THE NEXT FLIP BOOK

