

A large group of people are dancing in a room with a wooden floor and a red carpeted area. The room has several framed posters on the wall. The text "WWW.CUBANVIBES.COM" is overlaid at the top in white. The main title "CUBAN VIBES DANCE SCHOOL" is overlaid in the center in large white letters. At the bottom, the text "DANCE SYLLABUS & REVIEW GUIDELINES" and "ABSOLUTE BEGINNERS | BEGINNERS | IMPROVERS | INTERMEDIATES | ADVANCED" is overlaid in white.

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CUBAN VIBES DANCE SCHOOL

DANCE SYLLABUS & REVIEW GUIDELINES

ABSOLUTE BEGINNERS | BEGINNERS | IMPROVERS | INTERMEDIATES | ADVANCED

ASSESSMENT AND REVIEW GUIDELINES

Information for all dance students

General Information for Students

By Carlton Thomas

If you are a dance student who would like to be considered for the next level please have a word with your dance instructor to see if they think you are ready to move up to the next level.

All students nominated by their Dance Teacher as a candidate to move up to the next level will normally be reviewed at the Assessment Period at the end of January, April, July, and October, but can be reviewed earlier for exceptional cases.

Students must be able to demonstrate their competence of the dance moves with and without music at their current level and show that they have a clear understanding of most of the moves listed on the Dance Syllabus at their current level.

WHAT'S UP!

REVIEW/ASSESSMENT
PERIODS

JANUARY, APRIL, JULY
AND OCTOBER

FOR MORE
INFORMATION EMAIL US
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Message to students

by Carlton Thomas

Students **MUST** demonstrate that they understand the Salsa beat 1234 - 5678, Body Movement, Footwork and Steps, Hand Technique, Posture and Style, Timing and Music Interpretation.

Student asking to be moved up to the next level but are told by their Dance Teacher to remain at the same level **MUST** be given feedback on strengths and weakness in their dance and advise must be given on pointers to work on so student can be moved up on or before the next assessment period.



Absolute Beginners Syllabus



CUBAN VIBES DANCE SCHOOL

1. Marking Time
2. Son
3. Back Basic
4. Cucuracha
5. Rumba Cross
6. Open Basic
7. Cross Over
8. Mambo
9. Around the World
10. Left Turn
11. Right Turn

- End -



Beginners Syllabus Partnerwork

CUBAN VIBES DANCE SCHOOL

1. Son

2. Paseo

3. Paseala (closed hold)

4. Dile Que No

5. Dile Que Si

6. Guapea (casino)

7. Enchufla

8. Enchufla Doble

9. Enchufla Complicado

10. Prima

11. Prima con Hermana

12. Prima con Hermana la Familia

Continue...

Beginners Syllabus Partnerwork



CUBAN VIBES DANCE SCHOOL

13. Setenta

14. Sombrero

15. Vacilala

16. Vacilala con Vuelta

17. Vacilala con Engano

- End -



Beginners Syllabus

Rueda de Casino

CUBAN VIBES DANCE SCHOOL

1. Adentro y Afuera

2. Arriba

3. Abajo

4. Vamos Arriba

5. Dile Que No

6. Dile Que Si

7. Dame

8. Dame Dos

9. Dos Con Dos

10. Un Tarro

11. Un Tarro Mujeres

12. Fly

Continue...



Beginners Syllabus

Rueda de Casino

CUBAN VIBES DANCE SCHOOL

13. Fly Doble (Dos Fly)

14. Linear

15. Medio

16. Ni Pa Mi Ni Pa Ti

17. Echeverria

18. Una Foto

19. Pelota Una

20. Pelota Dos

21. Pelota Tres

22. Sacala (Exhibela)

23. Sacala Doble

- End -

Improvers Syllabus Partnerwork



CUBAN VIBES DANCE SCHOOL

1. Abanico
2. Balsero
3. Byamo por Abajo
4. El Dedo
5. El Doce
6. Enchufla con Pascela
7. Enchufla Quedate
8. Juana La Cubana
9. Kentucky
10. Ochenta
11. Ochenta y Cuatro

Continue...

Improvers Syllabus Partnerwork



CUBAN VIBES DANCE SCHOOL

12. Panke (Siete)
13. Panke con Coca Cola
14. Parte El Brazo
15. Setenta Complicado
16. Setenta Moderno
17. Setenta y Dos
18. Setenta y Tres
19. Setenta y Uno
20. Sombrero Complicado

- End -

Improvers Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

1. Adios

2. A Lo Cortico

3. Americana

4. Americano

5. Americano y Americana

6. Amistad

7. Amistad Complicate

8. Babosa

9. Cadena

10. Cadena Complicate

11. Camina

12. Centro (El Centro)

Continue...

Improvers Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

13. Cero (El Cero)

14. Coca Cola

15. Cubanita

16. Cubanita y Dame

17. Cubanito

18. Cubanito y Dame

19. Derecha

20. Directo

21. Directo Pa' Abajo

22. Doble Play

23. Echeverria con Vuelta

24. Enchufla con Clave

Continue...

Improvers Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

25. Enchufla con Clave Complicado

26. Enchufla con Mambo

27. Enchufla con Rumba (con Vacuna)

28. Enchufla Pa' Arriba

29. Espresso

30. Festival de Pelota

31. La Isquierda

32. Manolin

33. Mata La Cucaracha

34. Nueve

35. Ocho (El Ocho)

Continue...

Improvers Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

36. Ocho Mujeres

37. Paseala (open position)

38. Patin

39. Patin Mujeres

40. Paulito

41. Policia

42. Policia Mujeres

43. Rosa

44. Sacala La Vecina

45. Sacala La Vecina con Vuelta

46. Salida

Continue...

Improvers Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

47. Seis

48. Setenta por Las Manos

49. Sombrero con Mambo con Bulla

50. Sombrero con Plancha

51. Sombrero Entrada

52. Trienta y Tres

53. Tumba Francesa

54. Vacilala Completa

55. Vacilala Entrada

56. Yogur

- End -

Intermediates Syllabus Partnerwork



CUBAN VIBES DANCE SCHOOL

1. Abanico Complicado
2. Abanico Sabor
3. Arcoiris
4. Arcoiris Complicado
5. Byamo
6. Byamo Puente
7. Byamo Puente Complicado
8. Cruzate con Cruzate
10. El Paraguas
11. Noventa
12. Nudo
13. Ochtenta y Ocho
14. Ochenta Puente

Intermediates Syllabus Partnerwork



CUBAN VIBES DANCE SCHOOL

15. Ochente y Tres

16. Paseala Complicado

17. Paseala por Atras

18. Paseala por La Arriba La
Moderno

19. Paseala por La Habana

20. Rodillo

21. Setenta Al Reves

21. Setenta Complicado Moderno

22. Setenta con Setenta

23. Setenta Mi Gusta

24. Setenta Puente

25. Setenta Re Complicado

26. Sombrero por Debajo Largo

- End -

Intermediates Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

1. Adios y Patin
2. Aguajen
3. Centro Habana
4. Chocala Dos
5. Confusion
6. Conmigo Contigo
7. Dame Directo Complicado
8. Dame Directo Dos Con Dos
9. El Viaje
10. Enchufla con Bikini
11. Enchufla con Columbia
12. Enchufla con Rumba Quedate

Continue...

Intermediates Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

13. Enchufla El Medio y Dame

14. Enchufla y Cadeneta

15. Estrella Doble

16. Familia Regressa Puente

17. Festival de Pelota Moderna

18. Hasta Manana

19. Jardin

20. Jardin Complicado

21. Jardin Tres

22. La Cruz

23. Las Manos Juntas

24. Loco por Santiago

Continue...

Intermediates Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

25. Luna

26. Mambo Chambo

27. Mambo Combinado

28. Mambo Sabor

29. Pantera

30. Pantera Complicado

31. Paseo (closed)

32. Paseo Abajo (closed)

33. Pasos de Casino

34. Patin con Pilon y Mozambique

35. Pedro Navaja

36. Pin Pelota

Continue...

Intermediates Syllabus



Rueda de Casino

CUBAN VIBES DANCE SCHOOL

37. Prima Puente Complicado

38. Pulpo

39. Rico Suave

40. Rumba de la Calle

41. Sombrero y Camina

42. Tienda de Sombreros

43. Toma Electrica

44. Tumba Francesa Al Reves

45. Una Pa' Mi Una Pa' Ti

46. Vacilala con Coco

- End -



Advanced Syllabus Rueda Structures

CUBAN VIBES DANCE SCHOOL

1. Rueda Afuera
2. Rueda Mixta
3. Rueda Cruzado
4. Rueda Contario
5. Rueda IIanta
6. Rueda Dos Mujeres
7. Rueda Dos Hombres
8. Rueda Torno
9. Rueda con Afro y Rumba
10. Rueda Dos Parejas
11. Son Rueda
12. Rueda Caminado
13. Rueda en Linea
14. Rueda de la Calle

- End -



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