

Solo Salsa Instructor Assessment Routine

Please see below the full instructions and break-down for your Solo Salsa Instructor Assessment Routine, which you are required to learn and perform as your final assessment. You are encouraged to practice this as much as possible and add in your own sass & style!

The video can be found on the following You Tube link - <http://youtu.be/8-nCIAfNrZs>

On the day, I will be looking for you to have a good knowledge and understanding of:

- timing
- rhythm
- co-ordination
- accuracy
- styling
- cueing & verbalisation
- interaction with your group and how they respond to you, and
- your overall teaching ability

Of course I do not expect you to be perfect, but I do want to see that you have the ability, flair and enthusiasm to progress into the best instructor and ambassador for SOSA Dance Fitness you can possibly be.

You will have received a written copy of the Practical Assessment Observation Checklist, which is included in your Learners Resource Guide. Please read this carefully as this will be used to evaluate your performance on the day.

We will go through everything you need to know during the following break-down sections.

At the start of your Practical Assessment, please introduce yourself to the group and perform a verbal PAR-Q Screening.

You should ask the following questions:

- Is there anyone who has not participated in this form of group exercise class before?
- Is anyone injured in any way?
- Is anyone pregnant?

Be sure to speak clear and audibly at all times

Demonstrate all exercises and movements appropriately – aim to spend 2-3 minutes breaking down the routine before each dance, show your participants the correct footwork and styling movements

Select suitable exercises for the group...have alternative steps and styling movements in place to suit a range of fitness levels and abilities. Offer these alternatives to your participants and let them decide for themselves!

Ask questions and observe your participants to check their understanding before dancing to music – if you see a participant struggling with a particular step or movement you should break it down one more time with the group and always ensure you have offered a more basic alternative.

During your practical assessment

- Interact with the group....smile, relax and have fun!
- Be enthusiastic and energetic...this will help to motivate your participants
- Give clear instructions ahead of the music so that participants know the next step in advance
- Observe the performance of your participants and give positive feedback – this will encourage and motivate them
- Provide relevant teaching points throughout the routine – use the break-down sections in this document to help you plan your teaching points

Ensure your participants perform exercises and movements as safely and effectively as possible – correcting any points and offering additional information on exercises throughout the routine as necessary

Offer alternatives to exercises and movements to suit individual needs....provide easier and more challenging options for your participants, so that each participant can perform the routine to their own fitness and ability level.

Your Overall Performance

- Did you perform all exercises and movements with safe and effective technique?
- Did you show a confident interpretation of the routine?
- Did you apply correct knowledge of posture and characterisation?
- Did you apply the correct rhythm and timing?
- Did you show good co-ordination?
- How was your overall teaching ability?

You will also be required to self-evaluate your own performance and identify an action plan with specific points to develop and improve. Please complete the attached 'Learners Self-Evaluation Report' to practice writing a self-evaluation report before the day.

Most importantly, remember to smile, relax and have fun! Your participants will come to your classes for YOU so add in as much personality as you can!

Good luck and I look forward to meeting you on your SOSA Dance Fitness Instructor Training & Assessment Day!

Dance yourself happy!!

Choreography break-down

Section 1 – ‘Happy’ by Pharrell Williams

Album – Now That’s What I Call Music! 87

(Start Time: 0:00 / End Time: 0:50)

Foot Position	Footwork	Body Movement/Action Amount of Turn	Rhythm	Beat value
Mambo Basic RF back Replace weight to LF in place Close RF to LF LF forward Replace weight to RF in place Close LF to RF	Ball heel Ball heel Ball heel Ball heel Ball heel Ball heel	Cuban hip and body motion is used throughout	Quick Quick Slow (2 beats) Quick Quick Slow (2 beats)	1 2 3,4 5 6 7,8
Cucarachas RF side pressure step, transfer part weight Replace weight to LF in place Close RF to LF LF side pressure step, transfer part weight Replace weight to RF in place Close LF to RF	IEB* Ball heel Ball heel IEB* Ball heel Ball heel *IEB (Inside edge of ball of the foot)	Cuban hip and body motion is used throughout	Quick Quick Slow (2 beats) Quick Quick Slow (2 beats)	1 2 3,4 5 6 7,8

Section 1 - Music Mapping

Component:	Solo Salsa Cardiovascular	Tempo:	40 bars per minute
		Rhythm:	1,2,3,4
		Time signature:	4/4

Music Map	Exercises	Styling points	Teaching points	Progression/ Alternative
Intro 16 bars	8 bars - Mambo basic	Basic Latin position	RF back on 1 LF forward on 5	Both arms vertical arm raise on 1, add double clap on beats 5,6
BASIC CORE	8 bars – Mambo basic	Shoulder shimmies		
Chorus 16 bars	16 bars - Cucarachas	Horizontal position on 3 Wrist rotation on 7	RF side on 1 LF side on 5 Do not lower heel on side step, part weight remains on supporting foot	Add a Side Haircomb action on beats 3 and 7 with corresponding arm
BASIC CORE				

Section 2 – ‘Mambo No 5’ by Lou Bega

Album – A Little Bit of Mambo

(Start Time: 0:17 / End Time: 1:34)

Foot Position	Footwork	Body Movement/Action Amount of Turn	Rhythm	Beat value
Tap Steps in Place RF tap in front of LF RF close to LF LF tap in front of RF LF close to RF	Ball Ball Heel Ball Ball Heel	Lift the corresponding hip on tap step and slightly flex both knees on close step	Quick Quick Quick Quick	1 2 3 4
Salsa Shine RF back Replace weight to LF in place Close RF to LF LF forward RF tap behind LF without weight Replace weight to RF in place Close LF to RF	Ball heel Ball heel Ball heel Ball heel Ball Ball heel Ball heel	Cuban hip and body motion is used throughout Left shoulder lead turn 1/8 to face RDF	Quick Quick Slow (2 beats) SP (½ beat)* SP (½ beat)* Quick Slow (2 beats)	1 2 3,4 & 5 6 7,8
3 points with toe heel swivel in place RF point to side, tap step without weight RF tap to LF without weight RF point to side, tap step without weight RF tap to LF without weight RF heel dig to RDF without weight Close RF to LF Repeat on LF	IEB IEB IEB IEB Heel Ball heel	Lateral side stretch Lateral side stretch Swivel to LDF on LF Swivel to RDF on LF Swivel to centre on LF	Quick Quick Slow Quick Quick Slow	1 2 3,4 5 6 7,8
Travelling Toe Heel Swivels with flick RF tap to LF without weight RF heel dig to RDF without weight RF tap to LF without weight RF heel dig to RDF without weight RF tap to LF without weight RF heel dig to RDF without weight RF flick forward from knee Close RF to LF Repeat on LF	IEB Heel IEB Heel IEB Heel Ball heel	Transfer weight from heel to ball of LF, travelling swivels to R throughout Left knee remains flexed throughout to aid balance and posture	Quick Quick Slow (2 beats) Quick Quick Slow (2 beats)	1 2 3,4 5 6 7,8

Section 2 - Music Mapping

Component:	Solo Salsa Cardiovascular	Tempo:	43 bars per minute
		Rhythm:	1,2,3,4
		Time signature:	4/4

Music Map	Exercises	Styling points	Teaching points	Progression/ Alternative
Intro 8 bars BASIC CORE	8 bars – Tap Steps in Place	Hands on hips	Knees remain flexed throughout	Add shoulder shimmies or circular arm raise
Verse 16 bars BASIC CORE	16 bars – Salsa Shine	L shoulder turn on '&' (syncopated beat) to face RDF Arm pose on beat 5	Knees remain flexed throughout Tap toe of RF behind LF on beat 5 without weight	Add shoulder shimmies on Mambo Basic
Chorus 16 bars BASIC CORE	16 bars - 3 points with toe heel swivel in place	Lateral side stretch on side point steps	Knees remain flexed throughout Transfer weight to balls of feet to achieve a good swivel action	Turn head to corresponding side on side point steps
Instrumental 16 bars BASIC CORE	16 bars - Travelling Toe Heel Swivels with flick	Natural twist position throughout	Transfer weight from the heel to ball of supporting foot to achieve a good travelling swivel action Bend knees further to aid balance and posture	Turn head to corresponding side on every heel dig

Section 3 – ‘God Her’ by Orquesta Sonara La Habana

Album - Salsa Cubana, Vol. 7

(Start Time: 0:02 / End Time: 0:39)

Foot Position	Footwork	Body Movement/Action Amount of Turn	Rhythm	Beat value
Chorus Combo				
RF back	Ball Heel	Knees remain flexed throughout	Quick	1
Replace weight to LF in place	Ball Heel		Quick	2
Close RF to LF	Ball Heel	Lateral side stretch	Slow	3, 4
LF point to side, tap step without weight	IEB		Slow	5,6
Close LF to RF	Ball Heel		Slow	7,8
RF back	Ball Heel	Middle Body Rotation	Quick	1
Replace weight to LF in place	Ball Heel		Quick	2
Close RF to LF	Ball Heel		Slow	3, 4
LF forward rondé without weight	IEB		Slow	5,6
Close LF to RF	Ball Heel		Slow	7,8
RF back	Ball Heel	Hip rotation	Quick	1
Replace weight to LF in place	Ball Heel		Quick	2
Close RF to LF	Ball Heel		Slow	3, 4
LF side step with hip rotation	Ball Heel		Slow	5,6
Close LF to RF	Ball Heel		Slow	7,8
RF back	Ball Heel	L arm vertical raise R arm vertical raise Shoulder shimmy lowering both arms	Quick	1
Replace weight to LF in place	Ball Heel		Quick	2
Close RF to LF	Ball Heel		Slow	3, 4
LF step in place	Ball Heel		Quick	5
RF step in place	Ball Heel		Quick	6
Shimmy in place	Ball Heel		Slow	7,8
Cucarachas				
RF side pressure step, transfer part weight	IEB*	Cuban hip and body motion is used throughout	Quick	1
Replace weight to LF in place	Ball heel		Quick	2
Close RF to LF	Ball heel		Slow (2 beats)	3,4
LF side pressure step, transfer part weight	IEB*		Quick	5
Replace weight to RF in place	Ball heel		Quick	6
Close LF to RF	Ball heel		Slow (2 beats)	7,8

Section 3 - Music Mapping

Component:	Solo Salsa Cardiovascular	Tempo:	38 bars per minute
		Rhythm:	1,2,3,4
		Time signature:	4/4

Music Map	Exercises	Styling points	Teaching points	Progression/ Alternative
Chorus 8 bars BASIC CORE	8 bars – Chorus Combo	Shoulder shimmy on every Mambo Basic	Knees remain flexed throughout	Add body action to rondé and hip rotation
Verse 8 bars BASIC CORE	8 bars - Cucarachas	Horizontal position on 3 Wrist rotation on 7	RF side on 1 LF side on 5 Do not lower heel on side step, part weight remains on supporting foot	Add a Side Haircomb action on beats 3 and 7 with corresponding arm
Chorus 8 bars BASIC CORE	8 bars – Chorus Combo	Shoulder shimmy on every Mambo Basic	Knees remain flexed throughout	Add body action to rondé and hip rotation

Section 4 – ‘Tequila’ by The Champs

Album – 50s Greatest Rock N Roll

(Start Time: 0:10 / End Time: 0:52)

Foot Position	Footwork	Body Movement/Action Amount of Turn	Rhythm	Beat value
Mambo Basic RF back Replace weight to LF in place Close RF to LF LF forward Replace weight to RF in place Close LF to RF	Ball heel Ball heel Ball heel Ball heel Ball heel Ball heel	Cuban hip and body motion is used throughout	Quick Quick Slow (2 beats) Quick Quick Slow (2 beats)	1 2 3,4 5 6 7,8
Salsa Shine RF back Replace weight to LF in place Close RF to LF LF forward RF tap behind LF without weight Replace weight to RF in place Close LF to RF	Ball heel Ball heel Ball heel Ball heel Ball Ball heel Ball heel	Cuban hip and body motion is used throughout Left shoulder lead turn 1/8 to face RDF	Quick Quick Slow (2 beats) SP (½ beat)* SP (½ beat)* Quick Slow (2 beats)	1 2 3,4 & 5 6 7,8
Chorus Combo RF back Replace weight to LF in place Close RF to LF LF point to side, tap step without weight Close LF to RF RF back Replace weight to LF in place Close RF to LF LF forward rondé without weight Close LF to RF RF back Replace weight to LF in place Close RF to LF LF side step with hip rotation Close LF to RF RF back Replace weight to LF in place Close RF to LF LF step in place RF step in place Shimmy in place	Ball Heel Ball Heel Ball Heel IEB Ball Heel Ball Heel Ball Heel Ball Heel IEB Ball Heel Ball Heel Ball Heel Ball Heel Ball Heel Ball Heel Ball Heel Ball Heel Ball Heel Ball Heel Ball Heel	Knees remain flexed throughout Lateral side stretch Middle Body Rotation Hip rotation L arm vertical raise R arm vertical raise Shoulder shimmy lowering both arms	Quick Quick Slow Slow Slow Quick Quick Slow Slow Slow Quick Quick Slow Slow Slow Quick Quick Slow Quick Quick Slow	1 2 3, 4 5,6 7,8 1 2 3, 4 5,6 7,8 1 2 3, 4 5 6 7,8

Section 4 - Music Mapping

Component:	Solo Salsa Cardiovascular	Tempo:	46 bars per minute
		Rhythm:	1,2,3 (pause on 4)
		Time signature:	4/4

Music Map	Exercises	Styling points	Teaching points	Progression/ Alternative
Intro 8 bars BASIC CORE	8 bars – Mambo Basics	Shoulder shimmies or backward shoulder rolls	RF back on 1 LF forward on 5	Both arms vertical arm raise on 1, add double clap on beats 5,6
Verse 16 bars BASIC CORE	16 bars – Salsa Shine	L shoulder turn on '&' (syncopated beat) to face RDF Arm pose on beat 5	Knees remain flexed throughout Tap toe of RF behind LF on beat 5 without weight	8 bars - 3 points with toe heel swivel in place
Chorus 8 bars BASIC CORE	8 bars – Chorus Combo	Shoulder shimmy on every Mambo Basic	Knees remain flexed throughout	Add body action to rondé and hip rotation