

# Workshop descriptions

**Levels:** It is of great importance for successful execution of the workshops that the levels shown in the schedule are respected by everybody. Please attend only workshops that suit your own dance level or lower level. Note: You should be aware that the instructor may advise you to attend a lower level (parallel) workshop if it is for the better for execution of the workshop.

## Rueda de Casino (marked with “R” in the schedule”)

- New moves: Rueda moves selected by the instructor will be taught. On *improver level* you should expect the majority of the new moves to be standard moves.
- Norwegian standard moves / Austrian way: Workshops teaching moves from the Norwegian official rueda standard ([www.ruedastandard.no](http://www.ruedastandard.no)) and common moves in Austria.
- Rueda p’arriba moves: Male dancers often have to dance in the opposite direction in a rueda. This is your chance to learn and understand “p’arriba”.
- Rueda Improvisation: The fun part in the rueda, i.e. the caller improvising with the different commands.
- Speed & improvisation: A workshop challenging the master dancers with fast music and improvisation. This is **not** the workshop to ask the instructor to repeat once more.
- Habana street style rueda: Fun not complicated casino moves for funky street dancers. Typically enchufla con this/ con that and maybe a yogúr with some extra flavour.
- Rueda calling & hand signs: Workshops on how to call and use hand signs in a rueda.
- Focus on style in Rueda: Focus on how the basic moves are danced in a rueda so that it looks good, hence the workshops are not about learning new moves.
- Rueda contratiempo 1 and 2: Dancing in contratiempo / on 2 / in the timing used in Son. Participants should know the basics of Son. If you have never danced Rueda in contratiempo before, then Rueda contratiempo 1 is the right workshop for you. If you are experienced in Rueda contratiempo and your rueda level is advanced, then Rueda contratiempo 2 is an option.
- Rueda cruzado 1 and 2: A form of rueda where there are two different groups in the same circle, every second couple being in one group, and changing partner only within your group. The two groups dance in counter-rhythm, one of them starting on beat number 1, and the other one beat number 5. Fun, but challenging. If you have never danced Rueda cruzado, then Rueda cruzado 1 is the right workshop for you.
- Rueda on Line: A fun variation of rueda dancing where the dancers stay in a line instead of a circle.
- Festival de rueda: Practicing moves that have been taught during the weekend. Some repetition of moves may occur, but it is mainly all about dancing rueda (no new moves).

## Cuban Salsa Partnerwork (marked with “S” in the schedule”)

- Salsa partnerwork: Learning new salsa moves in couples.
- Salsa con afrocubano y rumba: A master workshop teaching how to use elements from rumba and afrocuban movements into your casino dancing.
- Cuban Salsa con dos mujeres: A workshop teaching men how to dance with two partners at the same time.
- Son Partnerwork 1: One of the ancestors of Salsa. Son is a couple’s dance, in contratiempo, meaning that you pause on 1 (/5) and start on 2(/6) - with emphasis on 4(/8).
- SonCha Contratiempo 2: Son and chachacha, half of lesson solo, half partnerwork, and how to combine them. You should know the basics of both dances very well to attend.

## Everybody (marked with “E” in the schedule; no experience required)

- Reggaeton: The most popular dance for the young crowd in Cuba today.
- Afrocuban: A taste of the AfroCuban dance heritage with some of the different moves of the Orishas.
- Cuban body movement: Focus on dancing with your whole body, the cuban way, not only feet and hands.
- Zumba: A real workout with a great mix of Cuban and latin movements to varied latin music. Get in shape with the latin rhythms!
- Afrocubano con salsa y rumba: Mixing the three different genders of Cuban music and dance culture, the afrocubano, the rumba and the salsa/popular dance.
- Rumba: The traditional cuban dance, also very useful to improve the quality of your moves in Cuban Salsa and Rueda de Casino. Offered as mens and ladies class.
- Cha-cha-cha: Another of the ancestors of Salsa. Cha-cha-cha is also one the cuban popular dances, common in Cuba in the 40s and 50s, and danced contratiempo.
- Mambo: Yet another of the ancestors of Salsa, and also one the “cuban bailes populares” (popular dances) common in Cuba in the 40s and 50s. Danced contratiempo.
- Cubanísimo: Improving your cuban style when dancing salsa, improvisation and music interpretation. When offered as partnerwork classes please attend your level.

**Other:** Percussion workshops teach rhythm patterns of Cuban music and how to understand/ interpret the music better. Note! Sign-up upfront!