BALLROOM HOW-TO · PRACTICE SHEET

The Salsa Basic (On 1)

Step 1, 2, 3, pause 4 · step 5, 6, 7, pause 8 · quick, quick, slow

Remember: the break lands on 1 and 5, and you never step on 4 or 8. Let the slow step on 3 and 7 carry you through the pause. Keep every step small and under your body: at salsa speed, big steps make you late.

Leader

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on right
1	Quick	Small step forward on left
2	Quick	Weight back to right
3	Slow	Close left beside right
4	Pause	No step
5	Quick	Small step back on right
6	Quick	Weight forward to left
7	Slow	Close right beside left
8	Pause	No step

Follower

Count	Step	Foot and direction
Start	–	Feet together, facing partner, weight on left
1	Quick	Small step back on right
2	Quick	Weight forward to left
3	Slow	Close right beside left
4	Pause	No step
5	Quick	Small step forward on left
6	Quick	Weight back to right
7	Slow	Close left beside right
8	Pause	No step

Your five-minute practice

1. **Minute 1:** play the count-along video and say "one, two, three, pause" out loud with it.
2. **Minutes 2–3:** dance your own part alone, no music. Stand still on every 4 and 8.
3. **Minute 4:** dance along with the slow practice track (120 beats per minute).
4. **Minute 5:** try the social-tempo track (180 beats per minute) with tiny steps. Go back to slow if it falls apart.

Check yourself

- Did my first step land on 1, and my back break on 5?
- Did I stay still on 4 and 8?
- Were my steps small enough to keep up?
- Did I look up instead of at my feet?

When it feels easy

- Try it with a partner in a light hold, eight basics in a row.
- Practice with a song from the guide's list, like "La vida es un carnaval."
- Ask Amy about the side basic, the right turn and the cross-body lead.