

Dance Cuban House – Curriculum & Learning Structure Short Version

1. General Learning Structure

Our courses follow a progressive learning system. Students develop their skills step by step through regular instruction, practical exercises, repetition, individual feedback and increasingly complex movements.

Learning progression

The course levels are clearly distinguishable through our colour-coded traffic light system: **green** = **Beginner**, **yellow** = **Intermediate**, and **red** = **Advanced**.

Level 1 – Beginner

Foundation & Orientation

Level 2 – Intermediate

Development & Coordination

Level 3 – Advanced

Technique, Musicality & Complexity

Open Level

Technique, Repetition & Individual Development

Students may progress between levels according to their individual development. The instructor regularly observes the students' abilities and can recommend moving to a different level when appropriate.

Our Course Structure:

Cuban Salsa

Beginner

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Basic steps, timing, connection & leading/following
- **Modules 4–6:** Fundamental Casino figures, turns & combinations
- **Modules 7–9:** Complex combinations, styling & musicality
- **Modules 10–12:** Integration, social dancing & Intermediate preparation

Course Goal: Build a strong foundation in Cuban Salsa (Casino) through basic steps, partnerwork, Cuban movement, musicality and coordination, preparing participants to confidently progress to an Intermediate-level course.

Intermediate (Actual courses: Cuban Salsa, Salsa Suelta)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Technique, body movement & styling
- **Modules 4–6:** Footwork, Afro-Cuban movement & coordination
- **Modules 7–9:** Musicality, complex combinations & transitions
- **Modules 10–12:** Advanced combinations, choreography & performance

Course Goal: Progressively develop technique, musicality, body movement and individual styling through increasingly complex Salsa Suelta combinations and choreography, preparing participants for progression into an Advanced-level course.

Advanced (Actual courses: Cuban Salsa, Rueda de Casino)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Advanced technique, figures & partnerwork
- **Modules 4–6:** Complex combinations, variations & transitions, fast partner changes
- **Modules 7–9:** Musicality, speed, styling & improvisation
- **Modules 10–12:** Advanced partnerwork, advanced Rueda & social dance application

Course Goal: Develop advanced Casino technique, complex partnerwork, musicality, styling and improvisation for confident and versatile dancing in fast-paced Rueda or partner sequences.

Cuban Traditional & Folkloric Dance

Beginner (Actual course: Cuban Folklore)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Foundations, rhythm, body movement & coordination
- **Modules 4–6:** Folkloric technique, movement vocabulary & styling
- **Modules 7–9:** Musicality, complex combinations & expression
- **Modules 10–12:** Choreography, integration & advanced preparation

Course Goal: Develop a strong foundation in Cuban Folklore through characteristic movements, rhythm, coordination, musicality and cultural understanding while building confidence and expressive movement quality.

Beginner (Actual course: Son cubano)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Son foundations, rhythm, basic steps & movement quality
- **Modules 4–6:** Footwork, body movement, partnerwork & connection
- **Modules 7–9:** Musicality, combinations & Cuban styling
- **Modules 10–12:** Integration, social dancing & Intermediate preparation

Course Goal: Develop a strong foundation in Son through basic steps, rhythm, footwork, Cuban body movement, partnerwork and musicality while building coordination, confidence and authentic movement quality.

Beginner (Actual course: Rumba-Cha-Son)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Basic steps, rhythm, footwork & Cuban movement
- **Modules 4–6:** Coordination, body movement, styling & technique
- **Modules 7–9:** Musicality, combinations & individual expression
- **Modules 10–12:** Integration, Cuban styling & Salsa preparation

Course Goal: A solo foundation course combining selected elements of Rumba, Cha-Cha-Cha and Son. Participants develop basic steps, rhythm, Cuban body movement, coordination and musicality while building the movement vocabulary and body awareness needed to start Cuban Salsa partnetwork confidently.

Intermediate (Actual course: Cuban Rumba)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Foundations, rhythm, body movement & coordination
- **Modules 4–6:** Rumba technique, isolations & movement vocabulary
- **Modules 7–9:** Musicality, styling & complex combinations
- **Modules 10–12:** Integration, expression & advanced preparation

Course Goal: Develop a strong Cuban Rumba foundation through rhythm, body movement, coordination, musicality and individual expression, building the skills needed for more advanced Rumba training.

Ballet

Beginner

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Ballet foundations, posture, strength & body awareness
- **Modules 4–6:** Technique, coordination, flexibility & movement quality
- **Modules 7–9:** Turns, musicality, balance & spatial awareness
- **Modules 10–12:** Integration, body control & application to other dance styles

Course Goal: Build ballet technique and body awareness while strengthening the body for dance. Participants develop strength, coordination, balance, posture, elegance, spatial awareness and movement control that support other dance styles.

Intermediate

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Technical development, posture & body control
- **Modules 4–6:** Barre, centre, turns & complex combinations
- **Modules 7–9:** Turns, travelling movements & musicality
- **Modules 10–12:** Integration, precision & Advanced preparation

Course Goal: Progressively develop intermediate ballet technique, strength, coordination, balance, musicality and spatial awareness through more complex combinations, turns and travelling movements, preparing participants for Advanced-level training.

Advanced

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Advanced technique, precision & body control
- **Modules 4–6:** Advanced turns, jumps & complex combinations
- **Modules 7–9:** Musicality, artistry & performance quality
- **Modules 10–12:** Advanced integration, expression & individual development

Course Goal: Refine advanced ballet technique, precision, strength, musicality and artistic expression through complex turns, jumps, travelling movements and performance-oriented combinations.

Commercial / Urban Dance

Beginner (Actual course: Reggaetón Reparto)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Reparto foundations, rhythm, body movement & coordination
- **Modules 4–6:** Footwork, Cuban urban movement & basic styling
- **Modules 7–9:** Musicality, combinations & transitions
- **Modules 10–12:** Choreography, integration & individual expression

Course Goal: Build a strong foundation in Reggaeton Reparto while developing technique, Cuban urban movement, rhythm, musicality, coordination and styling.

Intermediate (Actual course: Commercial)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Commercial foundations, technique & coordination
- **Modules 4–6:** Movement vocabulary, choreography & transitions
- **Modules 7–9:** Musicality, styling & individual expression
- **Modules 10–12:** Advanced choreography, performance & stage presence

Course Goal: Develop Commercial Dance technique, musicality, coordination and individual expression through increasingly complex choreography while building confidence, performance skills and stage presence.

Advanced (Actual course: Reggaetón Fusion)

Reggaetón Fusion – Advanced

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Advanced technique, movement vocabulary & body control
- **Modules 4–6:** Fusion, transitions & individual styling
- **Modules 7–9:** Musicality, speed, complex combinations & expression
- **Modules 10–12:** Advanced choreography, performance & movement quality

Course Goal: Develop advanced Reggaetón Fusion technique by combining Cuban urban movement styles with complex choreography, musicality, styling and individual expression while building speed, control and versatility.

Bachata

Beginner

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Basic steps, rhythm, connection & leading/following
- **Modules 4–6:** Basic partnerwork, turns & movement vocabulary
- **Modules 7–9:** Musicality, combinations & body movement
- **Modules 10–12:** Integration, social dancing & Intermediate preparation

Course Goal: Build a strong Bachata foundation through rhythm, basic footwork, partnerwork, body movement and musicality while developing confidence and preparation for Intermediate-level dancing.

Intermediate (Actual course: Bachata with Flow)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Technique, partnerwork & movement quality
- **Modules 4–6:** Complex combinations, styling & transitions
- **Modules 7–9:** Musicality, body movement & individual expression
- **Modules 10–12:** Advanced combinations, improvisation & social dance application

Course Goal: Progressively develop Bachata technique, complex partnerwork, musicality, body movement and styling while building confident leading, following and individual expression.

Advanced (Actual course: Bachata Fusion)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Advanced technique, figures & partnerwork
- **Modules 4–6:** Complex combinations, variations & transitions
- **Modules 7–9:** Musicality, styling & improvisation
- **Modules 10–12:** Advanced partnerwork, social dancing & individual expression

Course Goal: Develop advanced Bachata technique, complex partnerwork, musicality, styling and improvisation for confident, versatile and expressive social dancing.

Our Styling Courses:

Beginner (Actual course: Salsa Ladystyling)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Posture, basic footwork, body movement & arm styling
- **Modules 4–6:** Styling technique, coordination & movement quality
- **Modules 7–9:** Musicality, combinations & individual expression
- **Modules 10–12:** Advanced styling, choreography & social dance application

Course Goal: Develop Cuban Salsa Lady Styling through body movement, footwork, arm styling, coordination, musicality and individual expression while building a strong foundation for more advanced styling training.

Intermediate: (Actual course: Bachata Ladystyling)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Bachata foundations, body movement, footwork & basic styling
- **Modules 4–6:** Arm styling, body isolations, coordination & movement quality
- **Modules 7–9:** Musicality, complex combinations & individual expression
- **Modules 10–12:** Advanced styling, choreography & social dance application

Course Goal: Develop Bachata Ladystyle through progressive footwork, body movement, arm styling and musicality while building confidence, feminine expression and individual styling for social dancing.

Intermediate (Actual course: Ladystyle Son with Rumba)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Son foundations, Rumba movement & Cuban styling
- **Modules 4–6:** Footwork, body movement & styling
- **Modules 7–9:** Musicality, combinations & individual expression
- **Modules 10–12:** Advanced combinations, choreography & performance

Course Goal: Develop Cuban Son and Rumba Ladystyle through progressive work on technique, body movement, musicality, styling and individual expression, preparing participants for more advanced training.

Intermediate (Actual course: Timba with Flow)

12-Month Progressive Course | 12 Modules × 4 Weeks

- **Modules 1–3:** Timba foundations, body movement & coordination
- **Modules 4–6:** Footwork, styling & movement quality
- **Modules 7–9:** Musicality, flow & complex combinations
- **Modules 10–12:** Advanced combinations, choreography & expression

Course Goal: Develop Timba technique, Cuban body movement, musicality, styling and individual expression while learning to connect movements with flow and adapt movement quality to different music styles such as R&B and Hip-Hop.