

Dance Cuban House – Curriculum & Learning Structure

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.

2. Beginner Level

General learning objectives

At Beginner level, students establish the fundamental skills required for the respective dance style.

Students learn to:

- understand the basic principles and terminology of the dance style
- recognise and follow the basic rhythm and musical structure
- learn fundamental steps, positions and movements
- develop basic coordination and body awareness
- understand basic posture and movement technique
- perform simple movement combinations
- connect individual steps into short sequences
- develop confidence in movement
- reproduce learned movements independently after instruction
- participate in a complete basic choreography or dance combination

Progression to Intermediate

A student is generally ready for Intermediate level when they can perform the basic movements with reasonable control, follow the rhythm, remember simple combinations and demonstrate sufficient body awareness to learn more complex material.

3. Intermediate Level

General learning objectives

Intermediate classes build on the foundations acquired at Beginner level and introduce more complex movements and combinations.

Students learn to:

- refine basic technique and movement quality
- improve coordination, balance and body control
- develop stronger body awareness and movement isolation
- recognise and interpret more complex rhythmic structures
- learn and execute more advanced steps, figures and combinations
- connect several movements into longer sequences
- improve transitions between movements
- develop greater musicality and timing
- apply technique while dancing at increased speed
- reproduce longer combinations with greater independence
- develop individual expression and style

Progression to Advanced

Students are ready for Advanced level when they demonstrate solid control of the fundamentals, good body awareness, reliable musicality and the ability to learn and execute more complex combinations with relative independence.

4. Advanced Level

General learning objectives

Advanced classes focus on refinement, complexity, musicality, individual expression and professional performance skills.

Students learn to:

- refine technique and movement quality
- execute complex movements and combinations with control
- work with different speeds, rhythms and musical structures
- develop advanced coordination and body isolation

- improve precision, dynamics and transitions
- interpret music through movement
- develop individual style and artistic expression
- adapt learned movements to different musical situations
- perform longer and more complex choreographies
- improve stage presence and performance quality
- work independently on movement sequences and choreography
- prepare for performances and, where appropriate, participation in the Dance Cuban House Show Group

5. Open Level

Open Level classes are accessible to dancers with different levels of experience.

Learning objectives

Students work on:

- strengthening fundamental technique
- improving body awareness and coordination
- refining specific movements and details
- developing musicality and rhythm
- improving fitness and movement quality
- repeating and consolidating previously learned material
- developing personal style and expression

The instructor adapts the complexity, pace and exercises to the abilities of the participants present in the class.

6. Teaching & Assessment Structure

Each course follows a consistent teaching cycle:

1. Introduction

The instructor explains and demonstrates the new movement, technique or concept.

2. Guided Practice

Students practise the movement step by step under direct instruction.

3. Repetition

The movement is repeated to develop coordination, movement memory and technical control.

4. Combination

Previously learned elements are combined with new material.

5. Individual Feedback

The instructor observes the students and provides individual corrections and guidance.

6. Application

Students apply the learned movements in combinations, choreography, partner work, musical exercises or practical dance situations.

7. Consolidation

Previously learned material is regularly repeated and integrated with new content.

8. Progression

As students develop sufficient skills, new movements, combinations and levels of complexity are introduced.

7. Individual Progression

Dance Cuban House recognises that students progress at different speeds.

Progression is based on the student's:

- technical ability
- body awareness
- coordination
- musicality
- movement memory
- ability to execute learned combinations
- independence in applying learned movements
- ability to work at the pace of the respective level

The instructor provides individual guidance and may recommend a different level when this better supports the student's learning and development.

Students may also return to a lower level temporarily when they wish to consolidate their foundations or require additional practice.

8. Overall Learning Goal

The overall goal of Dance Cuban House is to provide structured and progressive dance education that develops technical ability, body awareness, musicality, coordination, confidence, individual expression and knowledge of the respective dance style.

Students are supported from their first steps through progressively more advanced levels, allowing them to continuously develop their skills while experiencing dance as both a learning process and a creative form of expression.

9. Our Course-Structure in Detail:

Each course is planned over one year (12 Months) and is structured by 12 consecutive modules of 4 weeks each. Students enrol in a fixed course. If the instructor determines that a student is progressing faster than expected, the student may change to a higher course level between modules to ensure the best possible learning progress.

Progressive Learning Principle:

- Each module builds directly on the previous one.
- Previously learned movements and techniques are continuously repeated, refined and expanded.
- The complexity of footwork, body movement, coordination, musicality and choreography increases progressively throughout the 12-month program.

Cuban Salsa

Beginner

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Beginner

Course Goal: Progressive development of technical, rhythmic and partnerwork skills, leading to confident participation in social Cuban Salsa and preparation for the Intermediate level.

Modules 1–3 – Foundations

- Basic steps, timing and rhythm
- Partner connection
- Leading and following fundamentals
- Basic turns and partner positions
- Introduction to fundamental Casino figures
- Basic Cuban body movement

Modules 4–6 – Basic Casino Vocabulary

- Development of additional Casino figures
- Turns and directional changes
- Figure entries and exits
- Combining individual figures
- Smooth transitions between movements
- Introduction to simple Rueda principles

Modules 7–9 – Combinations & Musicality

- Consolidation of the learned movement vocabulary

- More complex figure combinations
- Continuous partnerwork sequences
- Musicality and interpretation
- Cuban styling and body movement
- Development of confidence and coordination

Modules 10–12 – Integration & Preparation for Intermediate

- Advanced beginner-level Casino figures
- Longer and more complex combinations
- Application in social dancing
- Improvisation within the learned vocabulary
- Refinement of leading and following
- Integration of technique, musicality and partnerwork
- Preparation for progression to an Intermediate course

Intermediate (Actual courses: Cuban Salsa, Salsa Suelta)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Intermediate

Course Goal: Progressive development of advanced Cuban Salsa and Salsa Suelta technique, body movement, footwork, musicality, styling and choreographic skills, preparing participants for progression into an Advanced-level course.

Modules 1–3 – Technique & Movement Quality

- Refinement of Salsa Suelta basic steps
- Cuban body movement and weight transfer
- Coordination of feet, arms and upper body
- Turns and directional changes
- Individual styling
- Musical timing and movement quality

Modules 4–6 – Footwork & Body Movement

- Development of more complex footwork
- Rhythmic variations and syncopations
- Afro-Cuban-inspired body movements
- Isolation of different body parts
- Integration of body movement and footwork
- Development of personal styling

Modules 7–9 – Musicality & Advanced Combinations

- Advanced footwork patterns
- Interpretation of different musical structures
- Movement changes according to musical accents
- Complex combinations and transitions
- Integration of previously learned material

- Development of longer movement sequences

Modules 10–12 – Advanced Preparation, Choreography & Performance

- Advanced Salsa Suelta movement combinations
- Integration of footwork, body movement and styling
- More complex choreographic structures and sequencing
- Musical interpretation and performance quality
- Individual expression and advanced styling
- Refinement of complete choreographic sequences
- Consolidation of the full Intermediate movement vocabulary
- Preparation for the technical and artistic requirements of an **Advanced-level course**

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

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Advanced

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

Modules 1–3 – Advanced Technique & Vocabulary

- Refinement of advanced Casino technique
- Complex partnerwork figures
- Advanced turns and directional changes
- Detailed leading and following techniques
- Body movement and Cuban styling
- Development of precision, flow and movement quality

Modules 4–6 – Complex Partnerwork & Variations

- Advanced Casino combinations
- Variations of established figures
- Complex transitions and figure entries
- Changes of rhythm and direction
- Continuous partnerwork sequences
- Development of adaptability between partners

Modules 7–9 – Musicality, Styling & Improvisation

- Advanced musical interpretation
- Adapting partnerwork to different musical structures
- Advanced Cuban styling and body movement
- Improvisation within the Casino vocabulary
- Spontaneous combinations and variations
- Development of individual expression and creativity

Modules 10–12 – Advanced Integration & Rueda

- Integration of complex Casino figures and combinations
- Advanced Rueda de Casino vocabulary
- Complex Rueda combinations and partner changes
- Musicality and reaction to calls
- Advanced partnerwork and improvisation
- Development of complete social dance sequences
- Refinement of technical and artistic performance
- Consolidation of the advanced movement vocabulary

Cuban Traditional & Folkloric Dance:

Beginner (Actual course: Cuban Folklore)

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Beginner
- **Course Goal:** Progressive development of Cuban folkloric dance technique, rhythm, body movement, coordination, musicality and cultural understanding, preparing participants for more advanced Cuban Folklore training.

Modules 1–3 – Foundations

- Introduction to Cuban Folklore and its fundamental movement principles
- Basic steps, rhythms and weight transfer
- Introduction to Afro-Cuban body movement and coordination
- Basic posture, body control and movement quality
- Introduction to characteristic folkloric movements and gestures
- Development of basic rhythmic and musical awareness

Modules 4–6 – Movement Vocabulary & Technique

- Expansion of Cuban folkloric movement vocabulary
- Development of footwork, body movement and coordination
- Introduction to more complex rhythmic patterns
- Integration of arms, torso, hips and footwork
- Development of stylistic characteristics of different Cuban folkloric traditions
- Combination of previously learned movements into longer sequences

Modules 7–9 – Musicality & Complex Combinations

- Development of more complex movement combinations
- Increased rhythmic and musical complexity
- Interpretation of different rhythms and musical structures
- Integration of footwork, body movement and styling
- Longer choreographic sequences and transitions

- Development of individual expression while maintaining stylistic accuracy

Modules 10–12 – Integration & Advanced Preparation

- Consolidation and refinement of the learned movement vocabulary
- More advanced combinations and choreographic structures
- Increased focus on musical interpretation, body control and movement quality
- Integration of technique, rhythm, styling and expression
- Performance-oriented sequences and complete choreographies
- Preparation for more advanced Cuban Folklore training

Beginner (Actual course: Son Cubano)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Beginner

Course Goal

The course introduces participants to the fundamental technique and characteristic movement of Son Cubano. Participants progressively develop basic steps, rhythm, weight transfer, posture, body movement, footwork, partner connection and musical awareness. The course builds a strong foundation in authentic Cuban Son and prepares participants to progress confidently to Intermediate level.

Modules 1–3: Foundations, Rhythm & Basic Steps – Weeks 1–12

- Introduction to the origins and fundamental principles of Son Cubano.
- Learn basic Son steps, timing and rhythmic patterns.
- Develop correct weight transfer and basic footwork.
- Introduce characteristic Son posture and movement quality.
- Develop basic coordination between feet and upper body.
- Introduce Cuban body movement and basic styling.
- Develop basic musical and rhythmic awareness.

Modules 4–6: Footwork, Body Movement & Partnerwork – Weeks 13–24

- Expand the basic Son movement vocabulary.
- Develop additional footwork patterns and variations.
- Improve coordination, balance and movement control.
- Introduce basic partner connection and leading/following.
- Learn fundamental partnerwork patterns and transitions.
- Develop characteristic Cuban body movement.
- Improve timing and connection with a partner.

Modules 7–9: Musicality, Combinations & Cuban Styling – Weeks 25–36

- Develop a deeper understanding of Son rhythm and musicality.
- Work with different rhythmic patterns and musical accents.
- Combine previously learned steps into longer sequences.
- Introduce more complex footwork and partnerwork combinations.
- Develop Cuban styling through posture, arms and body movement.
- Improve coordination, flow and movement quality.

- Develop confidence and individual expression.

Modules 10–12: Integration & Intermediate Preparation – Weeks 37–48

- Consolidate and refine the complete beginner Son vocabulary.
- Develop longer combinations and partnerwork sequences.
- Integrate footwork, body movement, styling and partner connection.
- Improve musical timing and interpretation.
- Apply Son technique in social dance situations.
- Develop confidence and adaptability with different partners.
- Prepare participants technically and rhythmically for Intermediate level.

Beginner (Actual course: Rumba-Cha-Son)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Beginner

Course Goal: This course provides a foundation in important Cuban dance styles through selected elements of Rumba, Cha-Cha-Cha and Son. As a solo course, it focuses on basic steps, rhythm, footwork, body movement, coordination, posture and musicality. Participants develop the movement vocabulary and body awareness needed to better understand and perform Cuban Salsa, making this course an ideal preparation for beginner Salsa partnerwork courses.

Modules 1–3 – Foundations & Basic Steps

- Introduction to the fundamental movement principles of Rumba, Cha-Cha-Cha and Son
- Learning the basic steps and characteristic rhythms of each style
- Development of weight transfer, footwork and basic coordination
- Introduction to Cuban posture and characteristic body movement
- Basic arm, torso and hip movements
- Development of rhythmic and musical awareness
- Building confidence in solo movement

Modules 4–6 – Technique, Coordination & Movement Quality

- Expansion of the basic step and movement vocabulary
- Development of characteristic footwork from Rumba, Cha-Cha-Cha and Son
- Coordination of legs, arms, torso and hips
- Introduction to Cuban body movement, isolations and styling
- Development of balance, posture and controlled weight transfer
- Combining basic movements into longer sequences
- Understanding the different movement qualities of the three styles

Modules 7–9 – Musicality, Styling & Combinations

- Development of longer and more varied movement combinations
- Improved understanding of Cuban rhythms and musical structures
- Integration of footwork, body movement and styling
- Development of coordination and movement flow
- Introduction to individual styling and personal expression

- Application of learned movements to different musical rhythms
- Building movement awareness that supports future Salsa partnerwork

Modules 10–12 – Integration & Salsa Preparation

- Consolidation and refinement of the learned Rumba, Cha-Cha-Cha and Son vocabulary
- Integration of basic steps and movement qualities into longer sequences
- Increased focus on rhythmic precision, timing and musical interpretation
- Refinement of Cuban body movement, posture, footwork and styling
- Development of coordination and body control for partner dancing
- Preparation for the basic movement patterns and rhythmic concepts used in Cuban Salsa
- Building confidence and a strong foundation for progression into Salsa partnerwork courses

Intermediate (Actual Course: Cuban Rumba)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Progressive / Beginner to Intermediate

Course Goal: Progressive development of Cuban Rumba technique, body movement, rhythm, coordination, musicality and individual expression, preparing participants for more advanced Rumba training.

Modules 1–3 – Foundations

- Introduction to Cuban Rumba and its basic movement principles
- Basic steps, weight transfer and rhythm
- Body isolations and coordination
- Basic posture and movement quality
- Introduction to Cuban Rumba body movement
- Development of rhythm and musical awareness

Modules 4–6 – Movement Vocabulary & Technique

- Development of basic Rumba movement patterns
- Hip, torso, shoulder and arm movements
- Coordination of body movement and footwork
- Introduction to Rumba styling and expression
- Development of rhythmic variations
- Combining previously learned movements

Modules 7–9 – Musicality & Complex Combinations

- More complex movement sequences
- Development of rhythmic interpretation
- Integration of footwork, body movement and styling
- Introduction to more advanced Rumba elements
- Development of individual expression

- Longer combinations and transitions

Modules 10–12 – Integration & Advanced Preparation

- Consolidation of the complete movement vocabulary
- Advanced movement combinations
- Musical interpretation and rhythmic complexity
- Individual styling and performance quality
- Integration of technique, movement and expression
- Development of complete Rumba sequences
- Preparation for progression into a more advanced Rumba course

Advanced (Course in Progress)

Students work on:

- complex Afro-Cuban movement vocabulary
- advanced coordination and isolation
- rhythmic interpretation
- dynamic changes and musical expression
- individual movement quality
- performance and stage presence
- deeper connection between movement, music and Cuban cultural traditions

Ballet

Beginner

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Beginner
- **Course Goal:** Progressive development of ballet technique and body awareness while strengthening and preparing the body for dance in general. The course develops strength, coordination, balance, posture, elegance, spatial awareness, musicality and movement control, providing a strong technical foundation that can be applied to other dance styles.

Modules 1–3 – Body Preparation & Ballet Foundations

- Introduction to fundamental ballet positions and movement principles
- Development of posture, alignment and body awareness
- Strengthening of the legs, core and supporting muscles
- Basic coordination of arms, legs and upper body
- Introduction to ballet vocabulary, basic steps and movement patterns
- Development of balance, stability and controlled weight transfer

Modules 4–6 – Technique, Coordination & Movement Quality

- Progressive development of ballet steps and combinations
- Strength and flexibility training to improve movement control
- Development of coordination between different parts of the body
- Introduction to turns and rotational technique
- Refinement of posture, balance and precision
- Development of elegance, controlled movement and expressive quality

Modules 7–9 – Turns, Musicality & Spatial Awareness

- Development and refinement of different turning techniques
- Improved balance, spotting, weight transfer and body control
- More complex movement combinations and sequences
- Development of musicality, timing and movement dynamics
- Training of spatial awareness, orientation and use of the dance space
- Integration of technical elements into longer combinations

Modules 10–12 – Integration & Application

- Consolidation and refinement of the learned ballet vocabulary
- More complex combinations integrating strength, coordination, balance and turns
- Development of movement quality, elegance and individual expression
- Increased focus on spatial awareness and controlled movement through space
- Integration of technique, musicality and body awareness
- Application of ballet-based skills to movement principles used in other dance styles, including turns, balance, coordination, posture and body control
- Preparation for continued and more advanced ballet training

Intermediate

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Intermediate
- **Course Goal:** Progressive development of intermediate ballet technique, body control and movement quality. The course builds on foundational ballet skills and develops greater strength, flexibility, coordination, balance, musicality, spatial awareness and technical precision while introducing more complex combinations, turns and travelling movements.

Modules 1–3 – Technical Development & Body Control

- Refinement of fundamental ballet positions and technique
- Development of stronger alignment, posture and body control
- Progressive strengthening of legs, core and supporting muscles
- More complex barre and centre exercises
- Development of coordination between arms, legs and upper body
- Refinement of balance, weight transfer and movement quality

Modules 4–6 – Barre, Centre & Complex Combinations

- Development of more complex barre and centre combinations
- Introduction of more advanced movement patterns and sequences

- Development of greater strength, flexibility and stability
- Refinement of coordination between upper and lower body
- Development of turns and rotational technique
- Introduction to travelling movements and directional changes
- Improvement of precision, control and movement quality

Modules 7–9 – Turns, Travelling Movements & Musicality

- Progressive development of different turning techniques
- Improvement of spotting, balance and rotational control
- Development of travelling movements across the dance space
- More complex combinations integrating multiple technical elements
- Development of musicality, phrasing, timing and movement dynamics
- Increased focus on spatial awareness and orientation
- Development of greater confidence and consistency in technical execution

Modules 10–12 – Integration & Advanced Preparation

- Consolidation and refinement of intermediate ballet technique
- Integration of barre, centre, turns and travelling movements
- Development of more complex combinations and sequences
- Refinement of strength, flexibility, balance and coordination
- Development of musical interpretation and expressive movement quality
- Increased focus on precision, control and spatial awareness
- Preparation for continued progression into advanced ballet training

Advanced

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Advanced
- **Course Goal:** Advanced development and refinement of classical ballet technique, precision, strength, coordination, musicality and artistic expression. The course focuses on advanced turns, jumps, travelling sequences and complex combinations while developing individual technical quality, performance skills and expressive movement.

Modules 1–3 – Advanced Technique & Precision

- Refinement of classical ballet positions, alignment and technique
- Development of advanced body control and technical precision
- Strengthening of legs, core and supporting muscles for advanced movement
- Advanced barre and centre exercises
- Refinement of coordination between arms, legs and upper body
- Development of greater balance, stability and movement control

Modules 4–6 – Advanced Turns, Jumps & Combinations

- Development and refinement of advanced turning techniques
- Introduction and development of more complex jumps and jumping combinations
- Development of travelling movements and directional changes
- Integration of multiple technical elements into complex sequences

- Refinement of strength, coordination, balance and control
- Development of precision and consistency at increased technical difficulty

Modules 7–9 – Musicality, Artistry & Performance Quality

- Development of advanced musical interpretation and phrasing
- Work on dynamics, timing and expressive movement quality
- Integration of advanced turns, jumps and travelling sequences
- Development of artistic expression and individual movement quality
- Refinement of spatial awareness and stage orientation
- Development of performance confidence and presence

Modules 10–12 – Advanced Integration & Individual Development

- Consolidation and refinement of advanced ballet vocabulary
- Development of complex combinations integrating turns, jumps and travelling movements
- Increased focus on technical precision, control and consistency
- Integration of musicality, artistry and individual expression
- Development of performance quality and stage presence
- Individual focus on technical strengths and areas for continued development
- Preparation for continued advanced ballet training and performance-oriented work

Commercial / Urban Dance

Beginner (Actual course: Reaggatón Reparto)

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Beginner
- **Course Goal:** Progressive development of fundamental Urban Dance technique (like Hip-hop, Reggaeton, Reparto), Cuban urban movement, rhythm, coordination, body movement, musicality, styling and confidence, providing a strong foundation for continued Urban Style training.

Modules 1–3: Foundations & Basic Movement — Weeks 1–12

- Introduction to the fundamental movement principles of Reggaeton Reparto.
- Participants learn basic steps, rhythms, movement patterns and weight transfer.
- Focus on Cuban urban body movement, posture and coordination.
- Basic isolations of the hips, torso and upper body.
- Development of rhythmic awareness, basic musical timing and controlled movement execution.

Modules 4–6: Technique, Coordination & Movement Vocabulary — Weeks 13–24

- Expansion of the basic Reggaeton Reparto vocabulary through additional steps, rhythmic patterns and characteristic Cuban urban movements.
- Development of coordination between footwork, hips, torso and arms.
- Introduction to basic styling and movement variations.

- Participants begin combining individual movements into longer sequences.
- Improvement of balance, body control and movement quality.

Modules 7–9: Musicality & Combinations — Weeks 25–36

- Development of musicality and the ability to recognize and respond to different rhythms, accents and changes in the music.
- Introduction to more complex Reggaeton Reparto combinations and transitions.
- Focus on coordinating footwork and body movement while maintaining rhythm and movement quality.
- Progressive development of individual expression and styling.
- Integration of movements into longer combinations and choreographic sequences.

Modules 10–12: Integration, Choreography & Progression — Weeks 37–48

- Consolidation and refinement of the previously developed movement vocabulary.
- Introduction to more complex combinations, variations and transitions while maintaining correct technique and rhythm.
- Participants learn longer choreographic sequences.
- Development of greater confidence, coordination, musicality and individual expression.
- Preparation for continued Intermediate-level Reggaeton Reparto training.

Intermediate (Actual course: Commercial)

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Intermediate
- **Course Goal:** Progressive development of Commercial Dance technique, coordination, musicality, performance skills, body control and individual expression through increasingly complex choreography and movement combinations.

Modules 1–3: Commercial Foundations & Technique — Weeks 1–12

- Development and refinement of fundamental Commercial Dance techniques.
- Focus on body control, coordination, posture, weight transfer and basic movement quality.
- Introduction to characteristic Commercial movement vocabulary.
- Development of musical timing and performance awareness.
- Participants learn to connect individual movements into short combinations.
- Development of confidence and precision.

Modules 4–6: Movement Vocabulary & Choreography — Weeks 13–24

- Expansion of the Commercial Dance vocabulary through more complex movements, transitions, directional changes and dynamic variations.
- Development of coordination between upper and lower body.
- Further development of musical timing and movement quality.
- Introduction to longer choreographic sequences.
- Progressive increase in complexity, speed and stylistic variation.

Modules 7–9: Musicality, Styling & Performance — Weeks 25–36

- Development of musical interpretation and the ability to adapt movement to different rhythms, accents, dynamics and musical structures.
- Focus on individual styling, body control, performance quality and expressive movement.
- Introduction of longer and more complex choreographies.
- Development of coordination, movement memory, musicality and performance awareness.

Modules 10–12: Advanced Choreography & Performance — Weeks 37–48

- Integration and refinement of previously developed Commercial Dance skills through increasingly complex choreography.
- Focus on movement precision, musicality, dynamics, transitions, individual expression and performance quality.
- Learning and performing complete choreographic sequences.
- Development of confidence and strong stage presence.
- Preparation for continued advanced Commercial Dance training.

Advanced (Actual course: Reggaetón Fusion)

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Advanced
- **Course Goal:** Progressive development of advanced Reggaetón Fusion technique through the combination of different Reggaetón and Cuban urban movement styles, focusing on complex movement vocabulary, body control, coordination, musicality, styling, transitions, speed and individual expression.

Modules 1–3: Advanced Technique & Movement Vocabulary — Weeks 1–12

- Refinement of advanced Reggaetón, Commercial and Cuban urban movement techniques.
- Expansion of the movement vocabulary through complex steps, body movements, isolations, footwork and rhythmic variations.
- Focus on body control, coordination and movement quality.
- Introduction to transitions between different movement qualities and styles.

Modules 4–6: Fusion, Transitions & Styling — Weeks 13–24

- Development of more complex combinations combining different Reggaetón and Cuban urban movement elements.
- Focus on smooth and controlled transitions.
- Development of changes in rhythm, direction and dynamics.
- Progressive integration of advanced styling, body movement and individual variations.
- Maintenance of technical precision and movement quality.

Modules 7–9: Musicality, Speed & Complex Combinations — Weeks 25–36

- Advanced development of musical interpretation.
- Ability to respond to different rhythms, accents, breaks and changes in musical structure.
- Increasing speed and complexity of combinations and transitions.
- Focus on maintaining body control, coordination and precision during challenging sequences.
- Integration of individual expression and stylistic choices into longer choreographic combinations.

Modules 10–12: Advanced Integration, Choreography & Performance — Weeks 37–48

- Integration of the complete advanced movement vocabulary into complex Reggaetón Fusion choreographies.
- Focus on advanced combinations, fast transitions, musical interpretation, dynamics, styling, individual expression and performance quality.
- Developing an individual urban style
- Learning and execution of complete choreographic sequences.
- Development of confidence, control and strong movement quality.
- Preparation for continued advanced-level training.

Bachata

Beginner

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Beginner

Course Goal: Develop fundamental Bachata technique, rhythm and movement vocabulary. Build a strong foundation in basic footwork and partnerwork. Develop partner connection, leading and following. Introduce body movement, musicality and basic styling. Prepare participants for the Intermediate level.

Modules 1–3: Foundations, Rhythm & Basic Steps – Weeks 1–12

- Learn fundamental Bachata steps and basic rhythmic patterns.
- Develop correct weight transfer and timing.
- Introduce partner connection and basic leading/following.
- Develop posture, coordination and movement control.
- Learn fundamental turns and basic movement patterns.
- Build confidence in basic partnerwork.

Modules 4–6: Partnerwork & Movement Vocabulary – Weeks 13–24

- Expand the basic Bachata movement vocabulary.
- Introduce additional partnerwork figures and turns.
- Develop directional changes and basic transitions.
- Improve coordination between footwork and upper-body movement.
- Introduce basic body movement and styling.
- Refine connection, timing and movement quality.

Modules 7–9: Musicality & Combinations – Weeks 25–36

- Develop musical awareness and interpretation.
- Work with different rhythms, accents and musical structures.
- Combine previously learned figures into longer sequences.
- Introduce more complex partnerwork combinations and transitions.
- Develop body movement, styling and individual expression.
- Improve leading, following and coordination.

Modules 10–12: Integration & Intermediate Preparation – Weeks 37–48

- Consolidate and refine the complete movement vocabulary.
- Develop longer partnerwork sequences and combinations.
- Improve musicality, connection and movement quality.
- Apply body movement and styling in social dancing.
- Develop confidence and adaptability with different partners.
- Prepare participants technically and rhythmically for Intermediate level.

Intermediate (Actual course: Bachata with Flow)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Intermediate

Course Goal: Develop intermediate Bachata technique and movement quality. Expand complex partnerwork, footwork and body movement. Improve musicality, styling and individual expression. Develop stronger leading and following skills. Prepare participants for Advanced level.

Modules 1–3: Technique, Partnerwork & Movement Quality – Weeks 1–12

- Refine basic technique, timing and partner connection.
- Develop more complex footwork, turns and directional changes.
- Introduce more advanced partnerwork combinations.
- Improve weight transfer, coordination and body control.
- Develop body movement and movement quality.
- Refine leading and following through more complex patterns.

Modules 4–6: Complex Partnerwork & Styling – Weeks 13–24

- Expand the vocabulary of complex partnerwork figures.
- Develop combinations, transitions and variations.
- Introduce individual styling and body movement.
- Improve coordination, balance and movement control.
- Adapt partnerwork to different rhythms and musical structures.
- Develop stronger connection, precision and flow.

Modules 7–9: Musicality & Advanced Combinations – Weeks 25–36

- Develop musical interpretation and awareness of musical structures.
- Work with accents, rhythm changes and dynamics.

- Create longer and more complex combinations.
- Develop transitions and variations between figures.
- Integrate body movement, styling and footwork.
- Improve timing, flow and individual expression.

Modules 10–12: Integration & Advanced Preparation – Weeks 37–48

- Integrate complex partnerwork into longer sequences.
- Refine musicality, styling, body movement and connection.
- Introduce elements of improvisation.
- Develop adaptability with different partners.
- Apply learned techniques in social dancing.
- Prepare participants for Advanced-level training.

Advanced (Actual course: Bachata Fusion)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Advanced

Course Goal: Develop advanced Bachata technique and body control. Master complex partnerwork, variations and transitions. Develop advanced musicality, styling and improvisation with a fusion of other dance styles. Improve leading and following at an advanced level. Develop individual expression, adaptability and flow.

Modules 1–3: Advanced Technique & Partnerwork – Weeks 1–12

- Refine advanced technique, timing and body control.
- Develop complex figures, turns and directional changes.
- Work with advanced variations of partnerwork patterns.
- Improve precision, connection and flow.
- Develop advanced leading and following.
- Integrate body movement into complex partnerwork.

Modules 4–6: Complex Combinations & Variations – Weeks 13–24

- Develop complex combinations and continuous sequences.
- Explore variations and adaptations of advanced figures.
- Work on transitions between different movement patterns.
- Improve precision, movement quality and coordination.
- Develop individual styling and body movement.
- Adapt partnerwork to different partners and situations.

Modules 7–9: Musicality, Styling & Improvisation – Weeks 25–36

- Develop advanced musical interpretation.
- Work with accents, breaks, rhythms and musical structures.
- Introduce advanced improvisation and spontaneous variations.
- Develop individual styling and personal expression.
- Integrate body movement, musicality and partnerwork.
- Improve control, connection and adaptability.

Modules 10–12: Advanced Integration & Social Dance Application – Weeks 37–48

- Integrate the complete advanced vocabulary into social dancing.
- Develop complex and adaptable partnerwork sequences.
- Apply advanced musicality, styling and improvisation.
- Refine transitions, flow and movement quality.
- Develop individual expression and confidence.
- Strengthen versatility and adaptability in advanced social dancing.

Our Styling Courses:

Beginner (Actual course: Salsa Ladystyling)

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Beginner
- **Course Goal:** Progressive development of Cuban Salsa Lady Styling, focusing on body movement, footwork, arm styling, coordination, musicality, technique and individual expression.

Modules 1–3 – Foundations & Body Movement

- Introduction to basic posture and body alignment
- Fundamental arm and hand movements
- Basic footwork and weight transfer
- Development of Cuban body movement and posture
- Introduction to arm and hand styling
- Coordination of arms, upper body and footwork
- Development of rhythm, musical awareness and movement quality

Modules 4–6 – Styling & Technique

- Expansion of Salsa footwork and styling vocabulary
- Development of arm, shoulder, hip and torso movements, body isolation
- Introduction to styling variations and combinations
- Improvement of coordination, balance and body control
- Development of individual styling while maintaining Cuban movement characteristics
- Integration of previously learned movements into longer sequences

Modules 7–9 – Musicality & Complex Combinations

- Development of more complex Lady Styling combinations
- Interpretation of different musical accents and structures
- Integration of footwork, body movement and arm styling
- Development of transitions between movements
- Longer combinations and choreographic sequences
- Individual expression and adaptation of styling to the music

Modules 10–12 – Integration & Advanced Styling

- Consolidation and refinement of the learned styling vocabulary
- More complex combinations, variations and transitions
- Advanced musical interpretation and rhythmic precision
- Integration of technique, body movement, footwork and styling
- Development of individual expression and performance quality
- Application of learned styling elements to Cuban Salsa social dancing
- Preparation for more advanced Lady Styling training

Intermediate: (Actual course: Bachata Ladystyling)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Intermediate

Course Goal: The course develops Bachata Ladystyle technique with a focus on body movement, footwork, arm styling, coordination, musicality and individual expression. Participants progressively improve their posture, body control, movement quality and confidence while developing their own personal styling. The course also prepares participants to integrate Ladystyle elements naturally and confidently into Bachata social dancing.

Modules 1–3: Foundations, Body Movement & Styling – Weeks 1–12

- Introduction to the fundamental principles of Bachata Ladystyle.
- Development of basic Bachata footwork and weight transfer.
- Work on posture, body alignment and movement quality.
- Introduction to basic hip, torso and body movement.
- Development of basic arm, hand and upper-body styling.
- Coordination of footwork with upper-body movement.
- Development of rhythmic awareness and musical timing.

Modules 4–6: Footwork, Body Movement & Arm Styling – Weeks 13–24

- Expansion of the Bachata footwork vocabulary.
- Development of variations and styling of basic steps.
- Work on hip, torso and body isolations.
- Development of arm, hand and shoulder styling.
- Improvement of coordination, balance and body control.
- Combination of footwork, body movement and arm styling into longer sequences.
- Development of individual movement quality and confidence.

Modules 7–9: Musicality, Combinations & Individual Expression – Weeks 25–36

- Development of musical interpretation through movement.
- Work with different rhythms, accents, breaks and musical structures.
- Creation of more complex Ladystyle combinations.
- Integration of footwork, body movement and arm styling.
- Development of transitions with greater flow.
- Introduction of individual variations and personal styling.
- Development of expressive and confident movement quality.

Modules 10–12: Advanced Styling, Choreography & Social Dance Application – Weeks 37–48

- Refinement of advanced Bachata Ladystyle techniques.
- Development of complex combinations, variations and transitions.
- Work on longer choreographic sequences.
- Integration of musicality, body movement, footwork and styling.
- Development of confidence, performance quality and individual expression.
- Application of Ladystyle elements naturally within Bachata social dancing.
- Preparation for more advanced Ladystyle training.

Intermediate (Actual course: Ladystyle Son with Rumba)

Overall Course Duration: 12 months

Structure: 12 consecutive modules of 4 weeks each

Level: Intermediate

Course Goal: Progressive development of Cuban Son and Rumba-based Ladystyle, focusing on body movement, footwork, musicality, styling and individual expression, preparing participants for advanced-level training.

Modules 1–3 – Foundations

- Cuban Son basic steps and rhythm
- Rumba-inspired body movement
- Weight transfer, posture and coordination
- Basic arm, hip and torso movements
- Introduction to Cuban Ladystyle
- Development of musical awareness

Modules 4–6 – Movement & Styling

- Development of Son footwork and variations
- Rumba body movement and more complex isolations
- Coordination of footwork and upper-body movement
- Arm styling and body expression
- Introduction to more complex movement combinations
- Integration of Son and Rumba elements

Modules 7–9 – Musicality & Combinations

- More complex Son and Rumba combinations
- Development of individual styling and fluid transitions
- Musical interpretation and rhythmic variations
- Transitions between different movement qualities
- Longer movement sequences
- Refinement of coordination, control and movement quality

Modules 10–12 – Advanced Preparation

- Advanced Son and Rumba-based Ladystyle combinations

- Integration of footwork, body movement and styling
- Complex choreographic sequences
- Advanced musical interpretation
- Individual expression and performance quality
- Refinement and consolidation of the learned movement vocabulary
- Preparation for the technical and artistic requirements of an **Advanced-level course**

Intermediate (Actual course: Timba with Flow)

- **Overall Course Duration:** 12 months
- **Structure:** 12 consecutive modules of 4 weeks each
- **Level:** Progressive/Intermediate
- **Course Goal:** Progressive development of Timba-based dance technique, Cuban body movement, footwork, coordination, musicality, styling and individual expression, with a particular focus to dance to other kind of music like RnB and Hiphop to feel more secure in the steps and develop a unique dance style.

Modules 1–3: Foundations & Flow — Weeks 1–12

- Introduction to the fundamental movement principles of Timba and Cuban urban dance.
- Development of basic Timba steps, rhythmic patterns, weight transfer and coordination.
- Introduction to Cuban body movement, posture, isolations and movement quality.
- Development of basic footwork, arm and upper-body movements.
- Combination of movements to develop a natural flow.
- Development of rhythmic awareness.

Modules 4–6: Movement Vocabulary, Technique & Styling — Weeks 13–24

- Expansion of the Timba movement vocabulary through more complex footwork, body movements, isolations and rhythmic variations.
- Development of coordination between legs, hips, torso and arms.
- Introduction to individual styling and movement variations.
- Focus on maintaining the characteristic Cuban movement quality of Timba.
- Introduction of longer combinations to improve transitions, flow and movement control.

Modules 7–9: Musicality, Flow & Complex Combinations — Weeks 25–36

- Development of musical interpretation through increasingly complex Timba combinations.
- Ability to respond to different rhythms, musical accents, breaks and changes in musical structure.
- Focus on connecting movements smoothly and improving transitions.
- Development of flow while increasing speed and complexity.
- Progressive integration of individual expression and styling into longer movement and choreographic sequences

Modules 10–12: Integration, Choreography & Advanced Preparation — Weeks 37–48

- Consolidation and refinement of the previously developed Timba vocabulary.
- Development of advanced combinations, variations and transitions.
- Focus on musicality, flow, movement quality and individual expression.
- Integration of footwork, body movement, styling and musical interpretation into longer choreographic sequences.
- Preparation for more advanced Timba and Cuban urban dance training.

Advanced (Course in Progress)

Students work on:

- advanced body movement
- precision and control
- complex styling combinations
- individual interpretation of music
- personal style and expression
- performance quality
- integration of styling into Salsa and other Cuban dance styles

Stretching for Dancers

Open level

A dedicated stretching class focused on deep stretching and improving flexibility, mobility and body awareness. The class supports dancers in developing greater range of motion, better posture, balance and movement control while complementing ballet technique. Special attention is given to lines, extensions, turnout, leg flexibility and the physical preparation needed for turns and other dance movements. The class also promotes relaxation, body awareness and a healthier, more efficient way of moving.

Zumba / Dance Fitness

Open level

Learning objectives: Zumba and Dance Fitness classes combine movement, coordination, musicality and physical conditioning. The intensity and complexity of movements can be adapted to the participants' individual abilities.

Students work on:

- coordination and rhythm
- basic dance movements
- cardiovascular endurance
- muscular endurance
- mobility and body awareness
- movement memory

- following choreographed sequences
- maintaining movement quality during continuous exercise
- confidence and enjoyment of movement