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## WHAT'S NEW AT MAMBO PRODUCTIONS?

### Happy Holidays!

Christmas is almost here and we at Mambo Productions would like to wish everyone a wonderful, safe and stress-free holiday season. First of all, I would like to say a big **THANK YOU!!!** to all who supported us during the past year. You are the reason why we do what we do and why we continue to provide you with the best salsa classes in Calgary! I wish you all the best in your new year and I look forward to bringing you more great classes, parties, salsa events and shows to come. Hope you get to spend quality time with your friends and family over the holidays and that you'll come back to us recharged and ready to take on more dancing.

### Students Salsa Party!

It's party time again! Our Students Salsa Party is held at Juan's Mexican Restaurant on Friday December 14<sup>th</sup>. It's open to everyone, cover charge \$5.00, dress code casual, door opens at 9:30pm. Make sure to dance with at least one person you have never danced with before and if you see someone sitting by themselves invite them over to your table. Create Unity Through Salsa!

### Mambo Productions on Facebook!

You can now sign up for our Facebook site and get instant notices about upcoming salsa events in Calgary; watch class videos, start group discussions, search for a dance partner and much more.

### Gift of Dance

Stuck for a gift idea? Give the gift of dance. We now have gift certificates available. Contact [Alex@Mambopro.com](mailto:Alex@Mambopro.com) for more info or to order your certificate.

## WINTER DANCE PROGRAM

Day / Time	Class / Level	Start Date / Duration	Location	Cost
Monday 6:30-8:00pm	Beg./Int. Salsa (level 2)	Jan. 21/08 ( 7 weeks )	YWCA Fitness on 5th 320 - 5th Ave. SE	\$95.00
Monday 8:15-9:15pm	Beginner Salsa (level 1)	Jan. 21/08 ( 7 weeks )	YWCA Fitness on 5th 320 - 5th Ave. SE	\$95.00
Tuesday 6:15-7:15pm	Nightclub Survival (Beg.)	Jan. 22/08 ( 7 weeks )	YWCA Fitness on 5th 320 - 5th Ave. SE	\$95.00
Thursday 7:00-8:00pm	Beginner Salsa (level 1)	Jan. 24/08 ( 7 weeks )	YWCA Fitness on 5th 320 - 5th Ave. SE	\$95.00
Friday 8:45-9:45pm	Beginner Salsa (level 1)	Jan. 25/08 ( 7 weeks )	YWCA Fitness on 5th 320 - 5th Ave. SE	\$95.00
Day / Time	Class / Level	Start Date / Duration	Location	Cost
Tuesday 7:30-8:30pm	Advanced Salsa	Jan.22/08 (7 weeks)	YWCA Fitness on 5th 320 - 5th Ave. SE	\$95.00
Thursday 8:15-9:15pm	Intermediate Salsa	Jan.24/08 (7 weeks)	YWCA Fitness on 5th 320 - 5th Ave. SE	\$95.00

## INTERESTING SALSA FINDS

These are very interesting finds from various internet sources with regards to salsa.

### **FOR BEGINNERS – WHAT TO FOCUS ON?**

If you are a brand new dancer, taking the Level 1 Salsa course might feel overwhelming considering the amount of information provided in class. You may ask yourself: what is the most important thing I should get from this class?

- 1) Focus on the basic **footstep** first. Make sure you are stepping with the right feet in the right direction. If it is not perfect that is fine to begin with but work on getting it right
- 2) Next focus on the **arms** (especially for leaders as you have to signal the move to your partner). Make sure your arms and hands are moving when and where they are supposed to go and ensure that these movements work for your partner
- 3) Next focus on the **lead or follow**. If you are the male ensure resistance is created and the push and pull, which will make the move successful, is being implemented. If you are the follower make sure you are creating resistance and "shadowing" the leader's fingers so you can follow the move properly
- 4) Now put it together with the **timing**. It doesn't have to be with the music yet but ensure that you are moving your feet, body and arms on the correct count.
- 5) Now that all the major components are in place it is time to **perfect** the move. Re-evaluate your foot work to ensure it is fully correct. Same thing with your arms, the lead and follow and the count. Finally, put it together with the music and pick up the pace so you are on time.
- 6) When the move is working well you can add other elements like body movement and

## styling

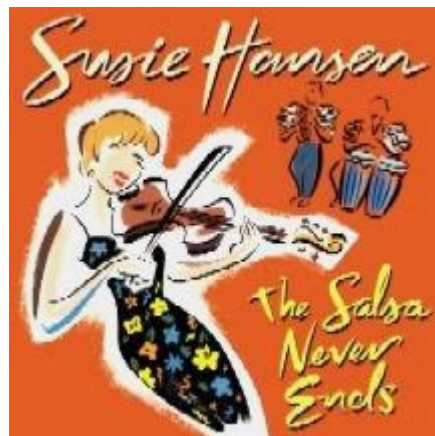
### MUSICALITY – MASTERING THE SALSA RHYTHM

I often get people asking about salsa music and complain that they are unable to find the rhythm. Know that you are not alone. When I was first learning to dance salsa it took me about 2 months to distinguish between cumbia and salsa. I could not tell them apart and even when I did, I still struggled with dancing "On One" versus "On Five". Many students complain to me nowadays that they cannot hear the music and/or are too focused on leading patterns so they simply forget the timing.

I came across this wonderful blog: <http://www.unlikelysalsero.com/> In it, the author starts off with: *"Starting my dancing later than most, I see distinct advantages to continue growing as a dancer. It's been one of the most fascinating journeys I've taken in life, and maybe you'll relate to some of my thoughts.... I have to say I'm thankful that dancing has become a strong focus in my life. I'm happier, healthier and mentally challenged, all of which will serve me well as I move closer to AARP membership age. It brings another joy and different dynamics into play, and I'll share some of my favorites with you".*

Feel free to read this guy's story as an inspiration and browse his blog for information on how he overcame the many challenges of learning salsa music and dance. Also, for those of you who would like to improve your musicality here is a great track for you to listen and enjoy:

#### *Salsa Never Ends*



### **ARTICLE – THE SALSA BUG**

I have been dancing & teaching salsa for many years and I am curious to know why some people catch the salsa bug right away and decide to make salsa part of their lives while others drop out after the first Level 1 course.

When I first discovered salsa I would go out 5-6 times a week and if there was no dance club or social available I would dance in my kitchen (wait a second, I still do that). I would also download every possible salsa video from the internet, read salsa articles, study the lives of salsa professionals and listen to salsa music non-stop. Some may describe this as a mild obsession and rightfully so. However, sometimes I come across students who seem enthused and appear to catch the same salsa bug only to drop out a few weeks later. Why is that?

I have developed some theories about this but please feel free to email me your

comments & suggestions.

### **Theory #1**

Salsa is a difficult dance. People may see it on TV or at an outdoor festival and think: "I wouldn't mind trying this out, it seems like fun". They then join a salsa class and realize that it's actually a lot more difficult than appeared on the surface and lots of work needs to be put into learning the steps so ultimately they get discouraged. Also, it requires a certain time commitment and we all know how busy life can get so they let salsa go....

### **Theory #2**

Partnering issues. Some students join the intro class with expectations of quick learning (maybe they have some dance background and hence pick it up faster). Then in class they unfortunately partner up with someone who: a) wasn't learning at their speed, or b) was not getting it at all. As a result they may feel discouraged & drop out altogether.

### **Theory #3**

The social aspect. It is ok to start learning salsa in the comfort of a dance studio but the truth is that salsa is meant to be danced everywhere else as well, and with many different people. In order to really comprehend the complex leading and following techniques there is no other way around it: you have to go out there and dance in the club. Some people feel intimidated while others would rather wait till they get better and as a result are not learning as fast as they should.

### **Theory #4**

Salsa is life-changing. Or at least it is for some people. Others, who want to just have fun may not necessarily get the whole addiction and it's difficult for them to relate to the hard-core salseros out in the clubs. Besides, like everywhere else there is politics involved and that may be a turnoff for some people.

## **Contact Us**

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