

# Dance the Salsa

Salsa is the most popular dance music in Puerto Rico. The good news is that basic Salsa steps are small ones and are very easy to learn. It's sort of like deciding to go somewhere and at the last minute you change your mind and come back. It's based on stepping forward, putting your feet back together (as if you changed your mind) then stepping backward. Oops! You changed your mind again! Your feet come back together! To go or not to go? Step forward. Feet together. Step backward. Keep repeating. Learn the basic steps to Salsa.

1. Bend your knees slightly
2. Put your arms up at your waist like you are about to receive something.
3. Step forward with your left leg. Count to 3.
4. Your right foot should naturally lift a little as if you were actually going to walk somewhere.
5. Bring the left leg back to where it started, next to the right as if you changed your mind. Both feet are back together.
6. Now bring the right foot back as if stepping backward. Count to 3. The left foot will tilt a little as if you were going to walk backwards.
7. Oops! You changed your mind! Return the right foot to stand next to the left.
8. Repeat. Practice. Remember to bend your knees slightly when you dance. Turn on some Salsa music and have fun!