Salsa is a trendy hobby and a great way to realx and make new friends!!

(About us )The Dance Floor

Dance Out Loud

The Dance Floor was founded in 2013 and since then it has firmly established itself as a leader in the Salsa scene in Nepal.

It aims to promote Salsa and Latin dances as an education, source of entertainment, hobby, profession and a culture.

Currently it offers Salsa classes for beginners, improvers and advanced students at venues in Durbar Marg and Jhamshikhel. Everyone is welcome to join us in experiencing the pleasure of dancing!

(Check our venue and photo) or one photo

Our Venue In Durbar Marg

Check it out

Feel Free to Visit us everyday from 5:00-7:00pm

(Learn more)/ (3photos ko click bitra)

[**1. What is Salsa?**](http://www.latindance.com.au/faq)

Salsa is a couple/partner dance which is danced based on the rule of lead- follow. The leader, (on most occasions the male partner) takes the responsibility to think which steps to do and tries to convey it to the follower (on most occasions the female partner) through suttle movement and signals. Except in performances and shows, it is spontaneous and each couples may do different moves on the same beat or music. Salsa originated basically from Latin American countries like Cuba, Puerto Rico, Colombia etc. However the places like New York and Los Angeles have also contributed a lot in bringing salsa to the current state. It is normally danced on Latin songs which are in Spanish.

**2. What is the scope of Salsa dance in Nepal?**

Salsa was introduced in Nepal one and a half decade ago and now it has developed as a hobby and a profession. Currently, people have shown great interest towards this dance form by showing up in salsa social parties, workshops and festivals organized by different dance schools. The salsa circle has enabled people to break free, to make friends, interact, socialize and come together for an aspirating activity. They dance out loud and influence others to start too. College students and other professionals travelling abroad also find it handy as it helps them to mingle with various social circles and make friends. I repeatedly hear from my students that because of their salsa circle they are able to find jobs and make professional contacts in Nepal and abroad. Besides, passionate dancers have taken this activity professionally and  the culture of travelling within the country and abroad for salsa parties,  performances and trainings have also begun

**3. Why we suggest people to start dancing Salsa?**

We always admire others dancing but don’t dare to dance because we are too shy or concerned what others would say. Besides, we don’t want to do something we are not good at. SALSA will boost up one's confidence to step on the dance floor and overcome the fear of dancing. It builds self-confidence, discipline and concentration. It is a great hobby that also makes people social and outgoing. It gives you freedom to move, to dream with your feet, to feel and to inspire others to

* To overcomethe fear of dancing.
* To learn the art of dancing as a couple i.e the technique to lead and follow your partner.
* To motivate people to take dancing as a fun hobby and regular activity.

Instructor’s profile

Mr. Ashok Bhandari, started salsa as a hobby in 2007. And sooner the hobby turned into passion. He started teaching salsa in 2009 and then there was no turning back. He has travelled to Thailand Europe and India on numerous occasions attending salsa festivals and congresses and training from world renowned instructors and performers.

Mr. Bhandari has also performed in Salsa Vacation with the stars (Bangkok 2009), 6th India Salsa Festival (Bangalore 2011) and in Nepal’s 1st and 2nd salsa festival in 2010 and 2011. In Nepal, he has performed for national TV shows and many corporate events.

Mr. Bhandari has also co-taught Salsa workshops in Chennai International Salsa festival and in La Casita , Pondichery with his mentor and partner Ms. Katia Verrault in 2014. Recently, he also taught few workshops in Kabul during his visit to Afghanistan. Apart from teach at his own studio, he has also taught in many institutions like Alliance Francaise, Alta Vista, Lincoln School, Ullens, KCM, NATHOM, ACE and in many corporate retreats and team building activities.

Some know him as a mathematics and statistics teacher for undergraduates and an accountant/ tax consultant freelancer. However he is best known as one of the most prominent figure in Nepalese Salsa community.

He is thankful to the almighty for being able to touch thousands of peoples’ life through salsa.

What we Offer

Salsa Classes

Group Salsa Classes

Divided into different levels

\*Morning or Evening Classes

Twice a week one hour each days

Once a Week classes

Two hours on Saturday only

1 level= 8 Class Hours= 1Month

We also offer other latin dance forms like bachata, merengue, cha cha in forms of workshops.

We also offer private classes for individuals, couples and on location classes to corporates/colleges during retreats and team-building activities

Cost Per Person

1 level= 8 Class Hours= 1Month

Rs.2000 for 1 month

Rs.3500 for 2 months

Per Class: Rs. 400

\*If its your first ever class at The Dance Floor, it is free. If you don't like the class, you don't need to sign up for the whole course.

For 1st timers New Beginners class

5 weeks (Jan 25th-Feb 24)Timings: Thursdays and Tuesdays

5:00-6:00pm/6:00-7:00pm

Price : Rs. 2500 per person

FAQs under 1st timers

[**1. What are your opening hours for enquiry or visit?**](http://www.latindance.com.au/faq)

Normally we are open from 7:00am -10:00am and 4:30-8pm if it is a class day.

If you would like to visit us for enquiry with the instructors in person try to come before or after the class as the he might be busy during the class hours. Please check our regular class schedule to know when the classes as its different are on most of the days.

However you could reach on cell phones whenever you want. Please leave us a text in case we are unavailable and we will call back shortl.

[**2. Who can enroll for the classes ?Age bar?**](http://www.latindance.com.au/faq)

The classes are open to all, whether local or foreigner, teenager or adult.

Well to be Frank there is no age bar for the salsa classes. Age will mere define the limitation on difficulty level of moves and the ability to grasp faster. Our students tend to range quite widely between late teens to those in their late 50’s, with the vast majority falling between 20's to 40's.

If you fall anywhere outside this box , we recommend private classes so that we can adopt on their strength and weakness and make learning easily and worthwhile. Please contact the instructors for more suggestions.

[**4. Do I need a partner to enroll?**](http://www.latindance.com.au/faq)

You don’t need a partner to enroll. Normally, guys and ladies sign up as individuals but dance as partners in the class. You will rotate/switch with the students in the class so everyone can have a go.

However if you are signing up as a couple and you don’t want to switch, we are fine. Just tell the teacher your preference of not rotating partners before each class. But, we highly encourage you to change partners, as you never know what you or your partner is missing out or doing wrong until you dance with different people. Dancing with everyone speeds and improve your learning and gives you a true sense of couple dancing.

[**5. Do you have even numbers of males & females?**](http://www.latindance.com.au/faq)

We always keep an eye on the bookings but sometimes we do get a bit more females or more males. It is not something that you have to worry about though because our classes are designed to rotate partners every few minutes so if you stay by yourself for a little while you will have a partner on the next rotation. We make special deals to get students from other levels if the numbers are different and remind students to rebook. We do our best to get even numbers.

[**6. How many people attend the classes?**](http://www.latindance.com.au/faq)

The average number of attendees in our classes is 6-20 but we do have some classes that can reach up to 30 people.

[**7. What clothes/shoes should I wear?**](http://www.latindance.com.au/faq)  
Clothes: Wear comfortable and clothes. It is also possible to change at the studio as we have separate changing rooms from male and female.  
Shoes: To start flat shoes, sneakers, converse, party shoes that won’t slip off your feet easily or don’t grip the floor too much are all fine. Ladies heels with ankle straps are recommended as long as you are comfortable. Later on you can buy a proper jazz or Latin dance shoes.. Dance shoes are a great investment as your level in dancing increases.

NOTE: Please remember you are dancing with a partner so personal hygiene is important. Please use deodorant and breathe freshener. Your partner might not tell you to make you awkward but keep an eye on this. If you smell good, it is always attractive.

**8. What should I bring to the class?**

Water is available for free. Bring a pen drive if you need few Latin songs.

**3. What level should join?**

If you are complete beginner and you think you have two left feet start with level 1. We call it a beginner’s batch and normally they start once in a month.

If dance other forms like Hip Hop, Jazz, Ballet, contemporary, Bollywood, Classical but you are doing salsa for the first time, we, we still recommend you to start from Level 1 and work your way up each term. Let’s see how you go and if you catch up faster, we can shift you up no problems.

If you did salsa before and you with us or with other dance school in Nepal or aborad, please schedule a assessment session with our instructor to check which level you are and will recommend a suitable batch and timings . Normally, the assessment takes place on Saturdays during the weekly practice session ( or open floor) from 5 pm t0 6:30 at the studio where people from different level come. It should take around 10-15 minutes.

**8. How many levels are there in salsa?**

It won’t be fair to teach a student who have comepleted 3months and the other who is attending his/her first ever salsa class together. So, levels are just differentiated to keep the standard syllabus and teach in a systematic manner.

Besides, each dance schools has its own syllabus and way of naming a level. Only thing that really counts is how many hour you have spent on the dancefloor learning and more importantly practicing. People who have danced for six months in some cases dance better than people dancing from 2 years.

At our studio, we classify the levels as:

Dancing for 3 months and less: Beginners

Dancing for 3-6months: Improvers

Dancing for 6months-18months: Iintermediate

Dancing for more than 18months: Advance

[**What are the charges and how can I pay?**](http://www.latindance.com.au/faq)

For charges pls check

[www.dancewithashok.com](http://www.dancewithashok.com)

The payments for the each class or levels should be paid in advance. You can pay in cash or make an online bank transfer through Nepal Investment bank or Standard Chartered bank whatever is easier for you. Sorry, we don’t accept cheques or debit/credit cards.

Sorry, we don’t provide any discount just because you have a reference or we know you. We try to keep an equal price for all whether you are a local, foreigner, students or a working person. You pay less; you have to sign up for more classes. However, if you are a student, age not exceeding than 25, you can pay us in installments.

[**10. Can I watch a class first or try it?**](http://www.latindance.com.au/faq)

Of course, you can just sit down and watch it during any class unless you don’t make noise in groups disturb the class. Just check which levels we are running from the class schedule and come along. You may want to think about doing a trial lesson instead. you will get a better picture of what the classes are like and what could suit you best. The first class is always free and if you don't like it you don't have to sign for a whole course if you feel disappointed you don't have to pay anything. The first class of a beginner batch( level 1) is always free. Just let us know in advance as we need to keep an eye on even number of male and females for dancing as a couple.

[**11. What happens If I miss one or more classes? Can I catch up another day?**](http://www.latindance.com.au/faq)

Due to daily class schedule, we wouldn’t be able to offer you catch up classes in a separate class. If you miss one or two class you can still cover up by coming to weekly practice sessions or in the consecutive class as we revise last classes move before we move forward.

On the other hand, if you miss over 40% of the course, you can repeat the level with no additional charge. However, we cannot keep the remaining credit for you for more than 3months time.

[**13. How can I enroll on the classes?**](http://www.latindance.com.au/faq)

Please go through our website or call us to know all the details you need to know about the classes, timings, cost , address etc. Once you are aware about everything, you can register for the classes in one of the following manner:

Fill up the online registration form at the bottom of the site.

By sms /viber/whats up: Send us text on 9851169646 mentioning your name , Class details for which you would like to sign up.

On phone: Please call us and drops your name and class details.

Salsa Events

Practise classes e

Every Saturdays 5-6pm

Bachata classes

Opening soon

FAQ= Weekly Featured Students

Two heading

And onnce check our venue pic