

Classes and Activities – Information Sheet

Salsa at the Farm – SPR2020

Category:	Adult (18+ years)
Day:	Fridays
Date(s):	10 Jan – 14 Feb 28 Feb – 3 Apr
Time:	8pm-9pm Beginners to Improvers Course 9pm-10.20pm Improvers to Intermediates (including social dancing)
Location:	Norden Farm Centre for the Arts
Tutor:	KK from Salsa Autentica
Class Size:	Up to 32
Cost of class:	8pm-9pm Beginners to Improvers £42 per 6 week course 9pm-10.20pm Improvers to Intermediates £10 per class including social and optional practice 8pm-9pm

Information about the class:

This new year, make sure you finish your week on a high! Join us for cosy nights of dancing to popular salsa tracks. Make Friday your fun night at the farm as we share how to dance authentic salsa with you.

8pm-9pm A class dedicated to absolute beginners, improvers or dancers new to Cuban salsa, or those who simply want to practise their technique. Our aim is to offer you fun classes that introduce you to authentic salsa and then consolidate your experience in a friendly environment. This is a 6 week course for £42 - limited places so please book in good time.

9pm-10.20pm This is a masterclass for experienced salseros who want to progress from improvers to an intermediate level and beyond! Your session will include social dancing and an invitation to join us from 8-9pm to practise and perfect your technique. So, come along to perfect your Cuban motion, increase your repertoire of moves and become more adept at responding to the music and your partner. £10 per class (including 8-9pm class if you want to practise the basics).

Remember, you don't need to bring a partner – just a sense of fun!

Aims and objectives:

To be part of a fantastic, popular dance scene in a fun and friendly environment
To learn authentic salsa technique and a range of moves taking care to follow safe practice
To gain the confidence to feel happy dancing in social settings

Materials or clothing required and any additional costs:

No additional costs

It's advisable to wear comfortable shoes or trainers. There is no spinning in Cuban salsa, so specialised dance shoes are not needed unless you want to wear them. Wearing layers is recommended so that you can adjust your clothing to keep to a comfortable temperature.

Tutor biography:

KK has been dancing salsa and other club dances for thirty years and has been a qualified UKA dance instructor for twenty years, teaching in London, Essex, Berkshire and Buckinghamshire. At Norden Farm, KK is delighted to share her love of authentic Cuban salsa with you.

To book please contact the Box Office on 01628 788997 or visit www.nordenfarm.org

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