

**Classes and Activities – Information Sheet**

**Salsa at the Farm – SUM2019**

**Category:** Adult (18+ years)

**Day:**  Tuesdays

**Date(s):** 21 May - 20 August

**Time:**  Dance class 7.30pm - 8.30pm

Social dancing 8.45pm - 10pm

**Location:**  Norden Farm Centre for the Arts

**Tutor:**   KK from Salsa Autentica

**Class Size:**  32

**Cost of class:** £7 per class, £5 for social dance, £10 for both

**Information about the class:**

The classes will include Salsa Suelta, Rueda de Casino, and classic moves for free-style dancing. All abilities are very welcome.

Throughout our summer evenings, there will also be time to enjoy Kizomba, Bachata and Merengue to complete our suite of dances that are so popular both at home and abroad. Kizomba is a partner dance with its roots in Angola. It has a slower, sensuous rhythm, and so will be a relaxing addition to your spicy Salsa class. Our aim is to offer you a fun introduction to Kizomba looking at different basic moves, as well as the different roles that the leader and follower take within this couple dance. The session is designed for people new to dance as well as experienced dancers who are new to Kizomba. Bachata is a rhythmic dance from the Dominican Republic. It can often be a romantic response to a lyric of unrequited love, so to lift your mood again, there will also be an injection of Merengue – a spirited, majestic dance with lots of hip action!

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

**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 recommend so that you can remain cool when needed.

**Tutor biography:**

​KK has been dancing Salsa and other club dances for thirty years and has been a qualified UKA dance instructor for nearly 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**](http://www.nordenfarm.org)

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