



Step Chart for New York Style "On 2" Salsa

This material is presented for review purposes only. Please learn to dance from a real live person

"The Basic"

The basic is the **most important** "move" in dancing salsa. Nearly all other moves **build on the footwork** shown here, either by turning or altering placement of the feet. It is **only at advanced levels** of partner dancing **will this rhythm be broken**. When dancing alone, all timing is fair game for interpretation.

Ladies' Timing	1	2	3	4	5	6	7	8
Mens' Timing	5	6	7	8	1	2	3	4
Neutral Footing Position								
		Breaking Step		No step. Upper body stays in motion		Breaking Step		No step. Upper body stays in motion
Weight needs to be evenly distributed between feet, while on the balls of the feet, although the heels will stay flat								
Conga Tumbao	heel toe	slap toe	heel toe	open open	heel toe	slap toe	heel toe	open open



Dancing to the CONGA Drums

When dancing New York Style "On 2" it is important to accent the 2 and the 6. This is done by sharply planting one's weight on the breaking step (2 or 6) and reversing directions. This occurs on the SLAP of the conga tumbao rhythm

It's a matter of SWING

Swing is how one interprets the length of the quarter notes (1,2,3, ..., 5, 6, 7, ...). When dancing with the correct swing the "glide" beats (4 and 8) are just so slightly longer and the "break" beats are just so slightly shorter. What can result is a "slow, quick, quick ... slow, quick, quick" feel where the "slow" beat encompasses both the 4 and 5 or 8 and 1 beats