Salsa Salsa Dance Studio

SHINES / OPEN FOOT WORK

Level 1

1. Four Corners
2. Angle Basic
3. Cross Side Step
4. Right Hand Turn
5. Suzy - Q
6. Left Hand Turn
7. Back Steps
8. Broken Left Turn
9. Side Basic
10. Hip Walks
11. Front & Back Crossovers
12. Transition Step
13. Cord Beat Basic
14. Half Right-Half Left
15. Slave Step
16. Slow Slave
17. Lazy Mambo
18. Circular Suzy - Q
19. Traveling Suzy - Q
20. Cuban Step
21. Cuban Charge
22. Double Cross
23. Hooks
24. Broken Left Broken Right
25. Zig - Zag
26. Side Jerks
27. Angle Suzy Q
28. Suzy Q Plus
29. Left Leg Taps
30. Double Tap Sailor
31. Hip Circles
32. Spiral Kick
33. Spiral Tap
34. Reverse Spiral
35. Back 2 Back Spiral
36. Traveling Spiral
37. Kick Turn Step
38. Suzy Q Cross Suzy Q
39. Downtown Uptown
40. Hook Semi Circles
41. Forward Spiral

Level 2

42. Heel Taps
43. Bounce
44. Front Double Tap
45. Inside Steps
46. Hook Flicks
47. Cha Cha Walks
48. 1 Point Freeze
49. Front & Back Crossover Suzy Q
50. Shoe Taps
51. Half Flare
52. Swing Steps
53. Forward Spiral Cha Cha Walks
54. Slide Crossovers
55. Double Turn
56. Full Flare
57. Front & Back Crossover w/Slide
58. Cuban Half & Half
59. Diamond & Pearls
60. Hot Toe
61. Angle Swings
62. Double Cross Flicks
63. Kick Toe Step
64. Braided Step
65. Hunts Point
66 Mambo Jazz
67. Grapevine Step
68. Fancy Flare
69. Forward Spiral Reverse Flare
70. Back & Forward Spiral Taps
71. Four Corner Swing
72. Left Flare Double Cross
73. Cuban Reverse
74. Toe Heel Struts
75. Toe Heel Step
76. Toe Heel w/ Slide

Level 3

77. Cuba Cuba
78. V-Tap Step
79. Millie Donay
80. Syncopated Pulse
81. Turning Cubans
82. Heel-Heel Toe-Toe
83. Reverse Cuba Cuba
84. Triple Pivot
85. Studder Step
86. Front Double Tap w/Slide
87. Circular Swings
88. Syncopated Double Cross
89. Traveling Studder
90. Toe Heel Toe Turn
91. 2 Point Freeze
92. Heel-Heel Toe-Toe Crossover
93. Super Cuba Cuba
94. Grapevine Turning Toe Heel
95. Single Rt/Single Lt/Dbl Rt
96. Pivot Swivel
97. 3 Point Freeze
98. Dbl Flick Kick & Tap
99. Flick Tip & Tap
100. Reverse Toe-Heel Grapevine
101. Hook Side Triplets
102. Stop Drop & Roll
103. Cross Tap Flick Tap
104. 4 Point Freeze
105. Mood Swings
106. Double Side Slide
107. Cross Tap Syncopation
108. Flick & Rise
109. Dbl Flick Braid
110. Cord Crossover Syncopation
111. Tell It To The Judge

Level 4

112. Syncopated Papa
113. A Little Bit of James Brown
114. Spiral Gyro
115. Syncopated Spiral Dbl Cross
116. Tee-Bee-Dee Ta-Ba-Dee
117. Toe Heel Tornado
118. Bus Stop
119. No Yoke
120. Syncopated V-Tap Hop
121. Revolving Doors
122. The Vitamin Step
123. Jet Lag
124. Ku-Tu Kum-Pla
125. 285 Knee Gyro
126. Flying Scissors
127. Syncopated Shuffle
128. Flicking 8's
129. Flick Puzzle
130. Quick Slick
131. Dollars & Cents
132. Sycopated Cut-Away Grapevine
133. Angle Chicklet
134. Pop Goes The Weasel