

Dancing

Salsa

Day and Time: Wednesday 7:00-8:15pm

Course Duration: 10 weeks

Price: €70

Tutor: Paula Donnelly

Course Description

Salsa dancing, with its origin in Cuba, the meeting point of Spanish and African cultures, is fast becoming a global phenomenon. Though typically a partner dance, salsa can also take the form of lines and circles of dancers.

Over the ten weeks of the course you will be taught the basic steps and the unique rhythm of Salsa. An emphasis will be placed on fun, and you will even have the opportunity to get a good workout. You do not need to have a salsa partner to book onto the course. For some of the basic steps you do not need a partner, and over the weeks you will just pair up with other students on the course. Of course if you want to bring along some friends, be sure that they enrol too. Be sure to bring a drink of water and some Latin spirit.

If you fancy dancing purely for fitness, why not check out our [Zumba](#) course?



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