



Salsa Medal Program

Bronze		Pattern & Timing	Lead Follow	Foot work	L.A Style	N.Y Style	Miami Style	Cuban Style	Puerto Rican Style	Level
1.	Introduction to Basics & Timing (on 1, 2 & 3)									L E V E L 1
(a)	- Forward & Back Basic									
(b)	- Back Breaks & Side Breaks									
(c)	- Cross Body Lead									
2.	Introduction to Turns									
(a)	- Basic Right & Left Turn									
(b)	- Broken Left Turn & ½ Broken Left Turn									
(c)	- Lady's Pivot Turn									
(d)	- Man's Hook Turn									
3.	Underarm Turns Right									
(a)	- Basic with Lady's Right Turn									
(b)	- Basic with Man's Right Turn									
i.	- Over Head									
ii.	- Hand Change Behind the Back									
iii.	- Off the Shoulder									
4.	Underarm Turns									L E V E L 2
(a)	- Basic with Lady's Broken Left									
(b)	- Basic with Man's Broken Left									
i.	- Over Head									
ii.	- Hand Change Behind the Back									
iii.	- Off the Shoulder									
iv.	- With Styling (Free Spin with Snake)									
5.	Underarm Turns Left									
(a)	- Back Breaks with Lady's Left Turn									
(b)	- Back Breaks with Man's Left Turn									
6.	Cross Body Lead									
(a)	- In Closed Position									
(b)	- Two Hand Hold									
(c)	- In Handshake Hold									
(d)	- Waist Hold									

Bronze Star		Pattern & Timing	Lead Follow	Foot work	L.A Style	N.Y Style	Miami Style	Cuban Style	Puerto Rican Style	Level
1.	Cross Body Lead with Ladies Inside Turn									LEVEL 1
(a)	- Normal Hold									
(b)	- Shoulder Lead									
(c)	- Waist Hold									
2.	Catch the Back or Two Way Underarm									
(a)	- Normal with Right or Left Turn Finish									
(b)	- With Arm Styling									
3.	Back Spot Turn									
(a)	- 1 Measure									
(b)	- Open & Closed									
(c)	- Ending with Check and Cross Body Lead									
4.	Cross Body Lead, Open Break-Shoulder Turn									LEVEL 2
5.	She Goes-He Goes-She Goes									
6.	Back Pass									
7.	The Spiral									
8.	Back Roll									
9.	Drop Hand Catch									
10.	Ladies Left to Man's Right Turn									
11.	The Social Step									

Silver		Pattern & Timing	Lead Follow	Foot work	L.A Style	N.Y Style	Miami Style	Cuban Style	Puerto Rican Style	Level
1.	Overtuned Cross Body Lead									S I L V E R
2.	The Cross Body Lead Waltz									
3.	Cross Body Lead with Options									
(a)	- Man Turning Right									
(b)	- Man Turning Left									
(c)	- Lady Turning Right with Arm Styling									
4.	Copa or In and Out									
(a)	- Single & Double Turn									
(b)	- Handshake Hold & Two Hand Hold									
5.	Cross Body Lead to Double Right Turn									
6.	Cross Body Lead to Touch and Go									
7.	Cross Body Lead to Inside Double Turn									
8.	Titanic or Crucifix									
9.	Back to Back Turn									
10.	The Ballerina									
11.	Behind the Back Turn									
12.	Catch the Back Variation									
13.	Special Social Step									
14.	Cross Body Adventure									
15.	Cross Body Great Adventure									

Gold		Pattern & Timing	Lead Follow	Foot work	L.A Style	N.Y Style	Miami Style	Cuban Style	Puerto Rican Style	Level
1.	Copa with Mans Hammerlock									
2.	Copa Back to Back									
3.	Copa to Belly Wrap									
4.	The Wrap with Zig Zag									
5.	Copa to Double Hammerlock									
6.	Triple Turn									
7.	The Quad Turn									
8.	Back Spot with Back Roll									
9.	Cross Body Lead									
(a)	- With Reverse to Lady's Hammerlock									
(b)	- To Lady's Triple Turn Hammerlock									
10.	Hand Flick									

Salsa

The origins of Salsa date back to the 1900s in Eastern Cuba, where musical elements and rhythms from various styles were combined. Cuban Son and Afro-Cuban rumba, the two main styles, used diverse musical instruments to create the basis of a rhythm that would later become known as Salsa and almost 50 years went by before this new rhythm reached Havana.

There, Salsa absorbed influences from other local Cuban music and American jazz and continued to evolve.

The African rhythms brought there by slaves mixed with various forms of popular Spanish music which resulted in a number of different styles but, contrary to common belief, what is today called Salsa did not develop in the Caribbean but in New York, in the 70s, among its rapidly increasing Latino population.

Due to the Revolution in Cuba, many musicians relocated to the United States, especially to New York City and among the Hispanic community these musicians found an ideal environment to develop their rhythm into what we know as Salsa today; this was especially true in "El Barrio", also known as Spanish Harlem.

From there it spread back to Cuba and Puerto Rico where it continues to develop with the influence of salsa growing rapidly, to become popular all over Latin America and within Hispanic communities worldwide.

1 and 2 Dance Certificate Examinations

Bronze	Single Dance (figures as per Bronze Medal syllabus) All Medallist Dance Styles – Must be dances available to Bronze Medallists
Silver	1 or 2 Dances (figures as per Silver Medal syllabus) All Medallist Dance Styles – Must be dances available to Silver Medallists
Gold	2 dances (unrestricted syllabus) All Medallist Dance Styles

The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.

Composite Examinations

Bronze	3 dances (made up of any dance or dances) Figures as per Bronze Medal syllabus
Silver	4 dances (made up of any dance or dances) Figures as per Silver Medal syllabus
Gold	4 dances (made up of any dance or dances) Unrestricted syllabus

The candidate will be assessed at medal test standards and will receive an examination report form plus the appropriate Bronze, Silver or Gold Certificate signed by the Examiner on the day of examination.

Cabaret Examinations

Bronze	Any style or combination of recognised dance styles; and is restricted to Bronze/Bronze Star/Bar/Crest requirements
Silver	Any style or combination of recognised dance styles; and is restricted to Silver/Silver Star/Bar/Crest requirements
Open	Any style or combination of recognised dance styles; and is unrestricted

These examinations are designed for candidates who have completed all levels of medal examinations or those who wish to incorporate with their medals an exam that is not as technical and allows both student and teacher an opportunity for creativity.