

THE 3RD INTERNATIONAL CUBAN SALSA CONGRESS, 28TH NOVEMBER TO 1ST DECEMBER 2008
VERSION 3RD NOVEMBER, PLEASE CHECK LATEST VERSION UPON ARRIVAL

DANCES / THE WORKSHOPS

SALSA CUBANA

The original form of salsa from Cuba. Dancers move around each other in a natural way, rather than the straight lines of cross-body. It's sexy & earthy & can include intricate turn patterns. The advanced workshops incorporate moves and techniques from other dance forms (Afro-Cuba, Reggaeton, Cross-body etc) to enrich your dancing.

FAST TRACK TO SALSA CUBANA

These workshops are designed to help cross-body (Puerto Rican/LA/New York) style dancers, transition to Salsa Cubana. They are designed for intermediate+ cross body style dancers and should be completed prior to joining the Salsa Cubana workshops.

RUEDA DE CASINO

Salsa danced in a circle with a caller orchestrating all the moves and where the men pass the ladies onto the next partner. Also Aqua rueda – in the heated pool!

RUMBA

Rumba has Afro-Cuban roots & is danced as a form of improvisation. Dance forms include: YAMBU (slower dance for couples), GUAGUANCO (couples dance), COLUMBIA (men's dance).

ORISHAS

African Cuban folkloric dances of the Orishas (Yoruba deities).
ELEGUA - opener of doors, trickster, guardian of the crossroads

OSHUN - the deity of river waters and the embodiment of love, sensuality, and fertility
 Others include:

YEMAYA, SHANGO, OYA, OGUN

STYLING

Styling includes: Cuban body movement & isolation techniques ('Despelote'); footwork that really shines ('Salsa Suelta'); blending salsa with rumba, son, mambo, cha cha cha, reggaeton & Afro-Cuban steps.

SON

The precursor to salsa dating back to the 1920's. Son is elegant and graceful. It is based on contra-tiempo rhythms.

CHA CHA CHA

Popular triple step dance, danced with a Cuban rather than the stylized Latin-American version.

CONGA

The carnival line dance with a punchy rhythm, furious turns and full of fun!

BACHATA

Bachata (from the Dominican Republic), is sensual & relaxed. The movements include a sexy hip lift!

REGGAETON

Reggaeton is an upbeat Latin music with a mix of rapping. It is influenced by beats of plena, bomba, reggae and hip hop. The dancing is raw, sexy and energetic.

RITMO CUBANAO

Workshops focused on giving you a greater appreciation and understanding of the rhythms underlying Cuban music.

MERENGUE

Merengue (from the Dominican Republic), is one of the easier Latin dances, with a simple 1,2 rhythm. Most Latin parties include a splash of Merengue to create a party vibe.

LEVELS

It is important that you choose the right level to ensure that you and the rest of the group get the most out of the workshops. Feel free to move levels if you find the workshops either too challenging or too easy. In our experience, many students over-estimate their level of ability, so try to be realistic and please change lessons if you are holding the group back.

SALSA CUBANA

BEGINNERS – this is a structured course for total beginners. Please note that each workshop builds on the previous one and you should complete all the workshops in sequence.

IMPROVERS – 4 to 10 months:
 (familiar with the basic footwork and turns)

INTERMEDIATE – 1 to 2 years
 (confident with most combinations)

ADVANCED – 2 Years+
 (confident with the most challenging combinations, looking to go beyond turn patterns to enrich dancing with other dance forms, tricks, body movement & styling)

RUEDA DE CASINO

IMPROVER – familiar with basic calls such as dame, Dile Que No, Enchfula, Adios, Sombrero.

INTERMEDIATE – familiar with calls such as Setenta, A Bayazo etc

ADVANCED – able to perform the most advanced Salsa calls, looking to enrich with other dance forms such as afro-cuban steps.

RUMBA / SON / CHA CHA / STYLING / Beg – no experience in this style, but should be at least improver level in Salsa Cubana to attend these workshops.

Improvers – you have learnt this previously & can dance the basics well.

Intermediates – you can dance this style with confidence.

GENERAL INFORMATION

CHECK IN / CHECK OUT

You can check-in at reception and access your rooms from 3pm on Friday. Please check-out at reception by 10am on Monday morning.

WORKSHOP NUMBERS

Numbers are restricted for workshops in the Portrait Gallery, Elwy Bar, and the pool. Workshops will be closed to new joiners once reach max capacity. Alternative workshops will be available.

WRIST BANDS

Wrist bands must be worn at all times. A £75 fee & ID will be required for a replacement.

MEALS

Only residential guests with the correct wrist bands will have access to the restaurant for meals. Non-residential guests have access to the Health & Leisure centre, including pool and can buy drinks, snacks & hot lunches at the café.

FILMING

Guests can take photos and film the show and parties so long as they do not use the footage for commercial purposes. Guests can film moves taught at the end of the lesson, subject to individual teacher's approval.

FLIERS

Permission must be sought from the Havana Nights office, prior to the event, if you wish to display promotional material for other events.

SHOWS

Please arrive early for best seating & view. We may close the doors once the show commences, to avoid disruption.

VENDORS – vendor stalls are located in Bowls Hall daytime, Saturday and Sunday.

PROGRAMME:- VERSION 3RD NOVEMBER, PLEASE CHECK LATEST VERSION UPON ARRIVAL

FRIDAY, 28TH NOVEMBER

From 3pm	Check-in from 3pm. Rooms available from 3pm. Porter at gate to help with luggage.	
5-7pm	Complimentary welcome drinks with Miguel & team, Lowther Hall. A good time to ask us for advice about programme, which level to join etc.	
7-9pm	Dinner. N.B - for residential guests with correct wrist band only.	
9-10pm	Bachata lesson, All, Wilson, Lowther	Fast Track to Salsa Cubana, Gallery Bar, Moe Flex
10pm-5am	Fiesta Cubana, Lowther Hall, including welcome and introduction of artists.	

SATURDAY, 29TH NOVEMBER

8-10am	Breakfast. N.B – for residential guests with correct wrist band only								
Room /	Bowls			Lowther	Gallery	Elwy	Portrait	Pavillion	Pool
Time	A	B	C	D	E	F	G	H	I
10 - 11am	SALSA IMPROVERS Kerry	RUEDA INT. M. Valentin	HIPS & TORSO ISOLATION,ALL Yanet (ladies)	INTRO 2 SON BEGGINNER Juan Carlos	FAST TRACK TO SALSA CUBANA, Moe		STYLING INT/ADV Eloy (men)	SALSA BEGINNERS COURSE Andy	
11.15-12.15pm	STYLING IMP Alice (ladies)	SALSA INT. Rafael	SALSA TRICKS ADV. Yann	INTRO 2 RUMBA, GUAGUANCO ALL Kerry (ladies)	INTRO 2 RUMBA, GUAGUANCO All Ariel (men)	THE HISTORY OF TIMBA, ALL Talk & Music Demo DJ Javier	ARMS TECHNIQUE ALL, Emir	SALSA BEGINNERS COURSE Andy	
12.30-2pm	Lunch. N.B – for residential guests with correct wrist band only.								
2.15-3.15pm	RUEDA IMPROVERS Jim	STYLING INT/ADV Damarys (ladies)	SALSA WITH LATIN POP ADVANCED Chiquito & Alice	CUBAN SHINES INT/ADV Yann (ladies & men)	SON. IMPROVERS Juan Carlos	BODY MOVEMENT ALL Deep level dance technology beyond the steps. Kerry	RUMBA, GUAGUANCO INT/ADV Alberto (ladies & men)	SALSA BEGINNERS COURSE Andy	
3.30-4.30pm	SALSA IMPROVERS Yersin	SALSA INT. Susan	AFRO CUBAN APPLIED TO SALSA, ADV Yanet	REGGAETON ALL Chiquito & Alicia	INTRO 2 AFRO CUBAN ORISHAS BEG Ariel	RITMO CUBANO ALL Danny			AQUA RUEDA IMP+ Moe Nos restricted
4.30-6.30pm	Casa De La Musica, Lowther Hall, Animation with Ernesto, Music with DJ Flecha & DJ Chocolate								
7-9pm	Dinner. N.B – for residential guests with correct wrist band only.								
9-10.30pm	Showtime in Lowther Hall! Showcase of the best dance performances in Europe. Please arrive early for best seating & view								
10.30-5am	Fiesta Cubana in Lowther Hall & Gallery Bar								

SUNDAY, 30TH NOVEMBER

8-10am	Breakfast. N.B – for residential guests with correct wrist band only								
Room /	Bowls			Lowther	Gallery	Elwy	Portrait	Pavillion	Pool
Time	A	B	C	D	E	F	G	H	I
10-11am	RUEDA IMPROVERS Susan	RUEDA INT. Moe	Fuel your SALSA WITH RUMBA. ADVANCED Chiquito/Alicia	INTRO 2 CHA CHA BEGINNER Juan Carlos	CUBAN CADILLAC LEAD & FOLLOW, ALL Kerry	AFRO CUBAN ORISHAS, ELEGUA INT Emir (men)	AFRO CUBAN ORISHAS, OCHUN INT Yessica (ladies)	SALSA BEGINNERS COURSE Tony	
11.15am - 12.15pm	STYLING IMP+ It's a girl thing! Susan (ladies)	SALSA INT. Rafael	SALSA CUBANA WITH CROSS-BODY FUSION ADVANCED M.Valentin	INTRO 2 SON BEGINNER Kerry	CHA CHA IMPROVERS Tomasito	REGGAETON ALL, Yanet	BODY MOV'T ALL Yann	SALSA BEGINNERS COURSE Tony	
12.30-2pm	Lunch. N.B – for residential guests with correct wrist band only.								
2.15-3.15pm	SALSA IMPROVERS Ariel	RUEDA INT. Susan	Pimp your SALSA WITH REGGAETON ADVANCED Yann	STYLING INT/ADV Alberto (men & ladies)	SON CUBANO & TORNILLOS INT/ADV Eloy	RITMO CUBANO ALL Del Piero	RUMBA, GUAGUANCO IMPROVERS Damarys (ladies & men)	SALSA BEGINNERS COURSE Tony	
3.30-4.30pm	RUEDA IMPROVERS Damarys	STYLING INT/ADV Yanet (ladies)	CUBAN SHINES, INT. Tomasito (ladies & men)	CONGA ALL Yessica	REGGAETON ALL Perla & Alicia	What men and women want & don't want on the dance floor. ALL.Kerry			AQUA RUEDA IMP+ Moe Nos restricted
4.30-6.30pm	Casa De La Musica, Lowther Hall, Animation with Ernesto, Music with DJ Jim & DJ Yersin								
7-9pm	Dinner. N.B – for residential guests with correct wrist band only.								
9-10pm	Merengue, with Wilson, Lowther Hall								
10pm-5am	Fiesta Cubana in Lowther Hall & Gallery Bar								

MONDAY, 1ST DECEMBER

8-9.30am	Breakfast. N.B – for residential guests with correct wrist band only.								
By 10am	Check Out. Please fill in an evaluation form and leave a £50 deposit for 2009!								