How to start salsa as a total beginner

Four things to know before your first visit, and one video to watch at home.

WATCH AT HOME

Learn To Dance Salsa On2: The Basic Step

This 13-minute video from our YouTube channel breaks down the Salsa On2 basic step. Watch it at home before your first visit.

youtube.com/watch?v=dUfHAInzc70

01 What to wear

Anything you can move in. Regular clothes and comfortable shoes work. For class, smooth-soled shoes that stay on your feet are best. Skip flip flops, boots and sneakers with a lot of grip. Bring a water bottle.

02 No partner needed

We rotate often, so everyone dances with everyone.

03 Your first visit

It starts with a free 30-minute assessment with me. No audience. We talk about your goals and your fears. We do a few simple movements to see where to start. You leave with a clear 4-week plan.

04 Where to park

We are at 859 Hanover Street, Manchester, NH 03104, in Eastside Plaza, next to Hannaford. Parking in the lot is free.

Rose Gibney, Bella Vita Dance Company

YOUR NEXT STEP

Book your free 30-minute assessment

Pick a time online, or call or text (603) 275-9762.

bellavita.dance/assessment

Read this guide online: **bellavita.dance/beginner-guide**