

Parent Guide



@twinklparents

We're excited to share this activity with you. If you are interested in finding more exciting, fun and interesting activities for you and your children, then check out these links to different areas of the [Twinkl Parents](#) website.

games



crafts



puzzles



experiments



word searches



What is this resource and how do I use it?

Is your child interested in ballroom and Latin dancing? Enjoy using these instructions to learn the basic tango steps at home. There are instructions for the leader and the follower - let your child choose which they'd like to be. You'll also find some top tips for dance technique so they can be top of the leaderboard!

What skills does this practise?

Following Instructions

Coordination

Rhythm and Musicality

Dancing

Further Activity Ideas and Suggestions

Once your child has mastered the basic steps, research some other salsa dance steps; there are lots of video tutorials online. Can they choreograph a mini routine to show friends and family? They might also enjoy taking a look through our other dance resources at the [Parents' Hub](#).

Parents Blog



Twinkl Kids' TV



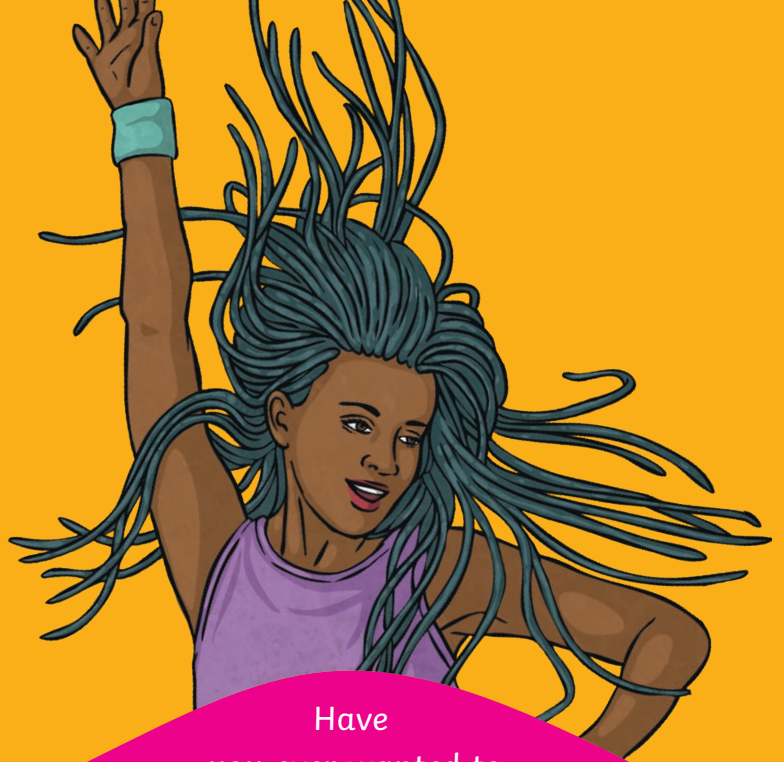
Homework Help



twinkl

Parents
Hub

Basic Dance Steps: Salsa



Have you ever wanted to learn some basic dance steps so you can dance along to your favourite tunes?

Follow the guidance in this resource to discover the basic steps in the rumba. One person is the leader and the other person is the follower. You can also do these steps on your own too!

Leader:

1 Start with your feet together.



2 Step forward with your left foot.



3 Shift your weight back onto your right foot.



4 Step back with your left foot, so your feet are together again.



5 This is where you pause for a beat.



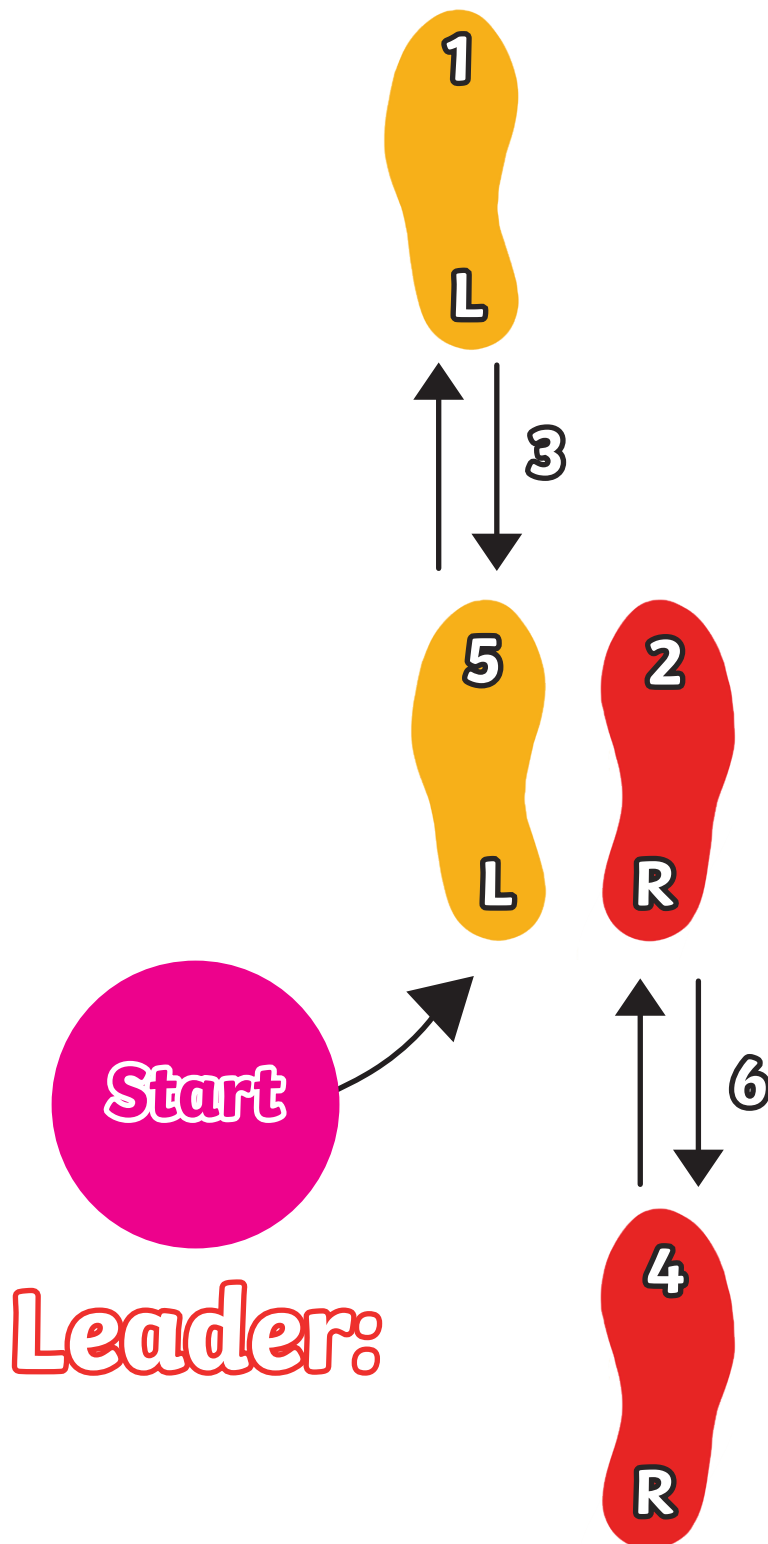
6 Step back with your right foot.

5

Shift your weight forward onto your left foot.

6

Step forward with your right foot, so your feet are together again. Pause for a beat.



Follower:

1 Start with your feet together.



2 Step back with your right foot.



3 Shift your weight forward onto your left foot.



4 Step forward with your right foot, so your feet are together again.



5 This is where you pause for a beat.



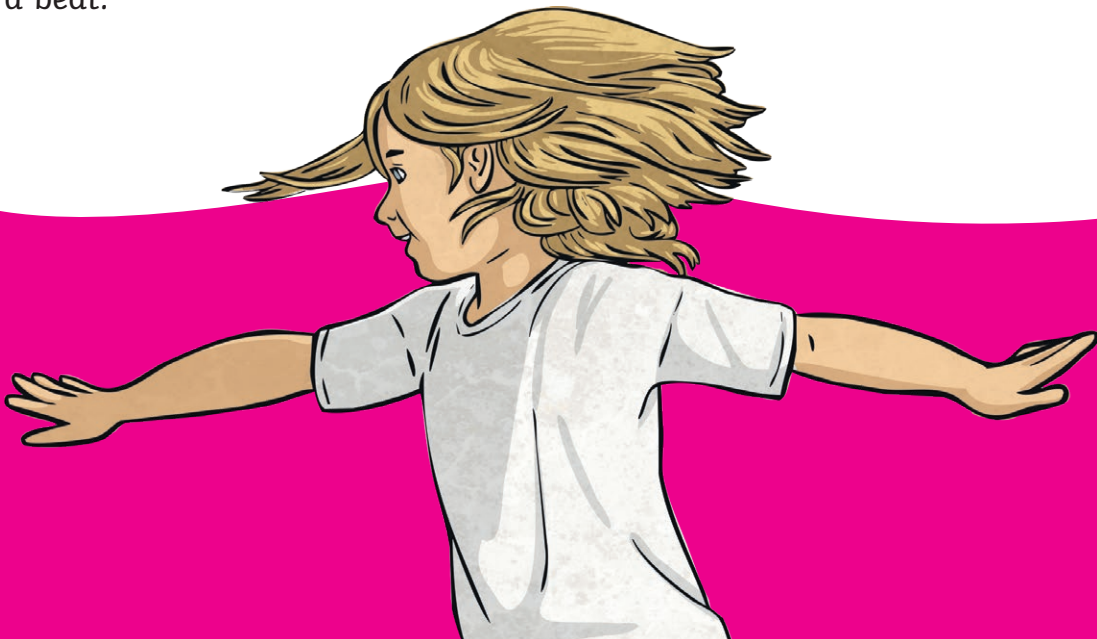
6 Step forward with your left foot.

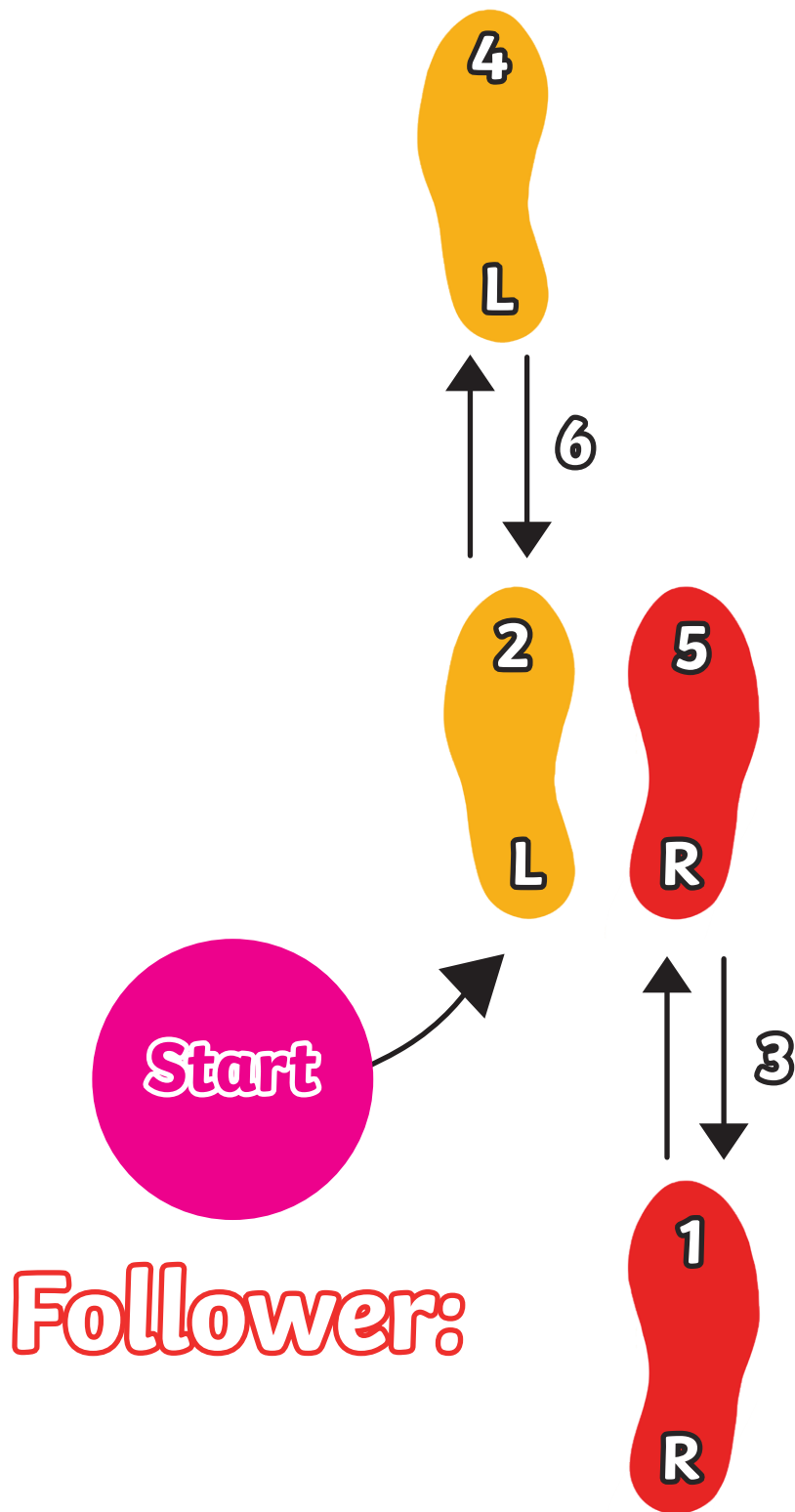


7 Shift your weight back onto your right foot.



8 Step back with your left foot, so your feet are together again. Again, pause for a beat.





Top Tips:



○ Take small steps rather than big strides. The salsa is a compact, quick dance.

○ Everytime you place your foot, push the ball of your foot to the floor first, then the heel.

○ Make sure your feet are always turned out slightly (this means your toes are slightly facing outwards, away from each other, while your heels are closer together).

○ Research how to build on these basic steps. Why not try a turn or a cross body lead?

***Disclaimer:** The physical activity contained within this resource may not fit your specific situation. It is your responsibility to decide whether to carry out the activity at all and, if you do, to ensure that the activity is safe for those participating. You are responsible for carrying out proper risk assessments on the activities and for providing appropriate supervision, including changing the activities as appropriate. We are not responsible for the health and safety of your group or environment so we cannot accept liability for any loss suffered by anyone undertaking any activity referred to or described in this resource. It is also your responsibility to ensure that you or the organisation you are organising it for has the relevant insurance to carry out the physical activity. If you are unsure in any way, we recommend that you take guidance from a suitably qualified professional. You may also wish to take guidance as to whether and how participants should warm up before taking part in any activity, and carefully assess any environmental risks and be sure participants have a safe space in which to take part. By using this resource, you acknowledge that it is the responsibility of supervising adults to ensure the safety of children in their care.