

SYLLABUS

FLORIDITA DANCE

DANCE. EAT
SLEEP. REPEAT



INTRO

SALSA & BACHATA

Part A outlines what you will be taught at each level.

Part B defines the minimum standard required to progress.

Progression is based on ability, consistency, and control – not time alone.

PROGRESSION GUIDE

Beginner

4 weeks

Improver

12 weeks

Intermediate 1

20 weeks

Intermediate 2

Ongoing

Progression is instructor-led and based on readiness, not speed. Being asked to remain at a level is part of long-term growth, confidence, and value from your investment. **The Levels are controlled with access cards issued by the instructors.**



Cuban Salsa Beginner



View it online

Part A

What you'll learn

- Forward, back & side basics (Guapea)
- Open & closed partner positions
- Posture & connection
- Posture & connection
- Right & left turns
- Di Le Que No
- Sombrero
- Basic timing consistency
- Short partner routine

Part B

Progression Expectations

- Maintain steady timing to Cuban salsa music
- Dance basics continuously without stopping
- Recover timing independently
- Execute Guapea with balance
- Maintain posture & relaxed connection
- Clearly lead or follow Di Le Que No & Sombrero
- Complete a short routine smoothly



Floridita Wellness & Flexibility Programmes

Improve your Dancing 80% Faster

Online programmes designed for dancers,
suitable for beginner - advanced levels

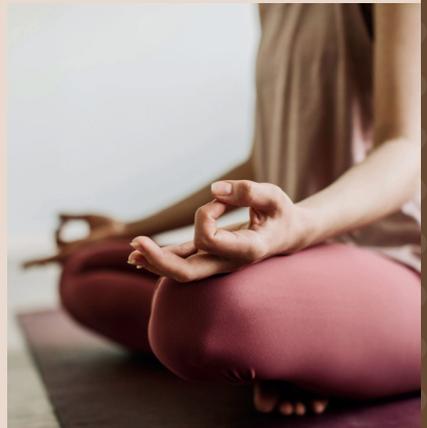
Discover the secrets being used by top-
performing dancers and instructors

Get Access Today To:

- ✓ Yoga to build flow, control & posture
- ✓ Pilates for core strength, mobility & flexibility
- ✓ Fitness for endurance, power & mental agility
- ✓ Meditation for mindfulness, presence & musicality

All adapted to key concepts and movements
in Salsa, Bachata and daily routines

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Cuban Salsa Improver



Part A

What you'll learn

- Enchufla
- Setenta
- Quatro
- Sacala
- Vacilala
- Aideido
- Cubano
- Prima

Part B

Progression Expectations

- Combine 3–5 improver-level movements
- Dance to a full song confidently
- Maintain timing, posture & control
- Transition smoothly between movements
- Dance confidently in partnerwork

FLORIDITA DANCE

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Features	ELITE	PREMIUM	PLATINUM	SUPREME
Discount on weekly classes	20%	20%	30%	★ FREE and UNLIMITED ★
Discount on special parties	30%	30%	40%	★ 50% ★
Discount on guest teacher classes	20%	20%	30%	★ 50% ★
Discount on weekend workshops	20%	20%	30%	★ 50% ★
Discount on private classes & courses	15%	15%	25%	★ 50% ★
Free private hours class every 3 months  	—	2 hrs	3 hrs	★ 3 hrs ★
Lifetime access to Royce de la Cruz eBooks (current & futurs)	—	—	✓	★ ✓ ★
Access to online courses (Yoga, Pilates, Fitness, Salso & Bachata, Guided Meditation) 	Limited	Limited	Full	★ Full ★

**GET UP TO 50% DISCOUNT ON CLASSES & SPECIAL EVENTS, INCLUDING FREE PRIVATE CLASSES
SCAN QR CODE ABOVE FOR MORE INFO**



Crossbody Salsa Beginner



Part A

What you'll learn

- Forward, back & side basics
- Open & closed partner positions
- Right turns (solo & partner)
- Crossbody Lead
- Inside Turn
- Hammerlock
- Cuban Open Step
- Short partner routine

Part B

Progression Expectations

- Maintain steady salsa timing
- Dance continuously without stopping
- Recover timing independently
- Lead & follow turns and Crossbody Lead
- Maintain good posture & frame
- Complete routine smoothly

ROYCE DE LA CRUZ

30 SALSA SECRETS



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Crossbody Salsa Improver



Part A

What you'll learn

- Butterfly
- Titanic
- Open Break
- Around the World
- Left turns (solo & partner)
- Wraps
- Mambo Jazz
- Suzzie Q
- Front Double Cross

Part B

Progression Expectations

- Combine 3–5 improver movements
- Include solo footwork confidently
- Dance to a full song with flow
- Maintain timing & connection

BACHATA



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it Now

50 SECRETS TO UPGRADE YOUR DANCING

KNOWLEDGE BUILDS DANCERS,
NOT COMFORT ZONES.

ROYCE DE LA CRUZ



Bachata Fusion Beginner



Part A

What you'll learn

- Side basic steps
- Left & right turns
- Wraps (Pretzel)
- Open & closed positions
- 180° turn (Rompo Delante)
- Upper body waves
- Hip rolls & neck rolls
- Short partner routine

Part B

Progression Expectations

- Maintain steady Bachata timing
- Dance continuously without stopping
- Recover timing independently
- Lead & follow turns, hip rolls, wraps & waves
- Complete routine confidently



Bachata Fusion Improver



Part A

What you'll learn

- Reverse / Contra waves
- Madrid steps
- Turns into waves & hammerlocks
- Shadow positions (entry & exit)
- Grounding & hip movement

Part B

Progression Expectations

- Combine 4–6 improver movements
- Madrid steps, shadow & neck roll included
- Dance to a full song smoothly
- Maintain timing, posture & control



LEVEL UP
WITH

PRIVATE CLASSES

WE PINPOINT EXACTLY
WHAT YOU NEED TO
IMPROVE – AND GUIDE
YOU TO MASTER IT

*** IMPROVE FASTER**

*** TECHNIQUES**

*** AND MOVES**

- No partner required
- Any distance covered
- All levels supported
- Flexible availability
- Learn 4 times faster than in group classes

**STYLES: CUBAN SALSA,
CROSSBODY SALSA & BACHATA**



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Bachata Fusion Intermediate 1



Part A

What you'll learn

- Advanced Madrid variations
- 360° turns
- Shadow variations
- Isolations & pendulum
- Sliding doors
- Dives, bows & cambres
- Double spins & styling

Part B

Progression Expectations

- Dance creatively to two full songs
- Maintain posture & active frame
- Show musical interpretation
- Transition smoothly & confidently



Bachata Fusion Intermediate 2



Part A

What you'll learn

- High-level musicality
- Turnados & DJ / turtle turns
- Zouk-inspired tilted turns
- Advanced dives & contra cambres

Part B

Progression Expectations

- Dance creatively & musically
- High level of body control
- Clear signal transmission & reception
- Decorate movements with styling



Floridita Dance

Website

