

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 GUIDE

Beginner

8 weeks
Inclusive of 4 weeks
refresher course

Improver

12 weeks

Intermediate 1

20 weeks

Intermediate 2

Ongoing

Progression is instructor-led and based on readiness, not attended weeks alone. 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. Be patient, consistent and persistent.**



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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Crossbody Salsa Beginner



Part A

What you'll learn

- Basic steps
- Basic turns
- Cuban/Latin open steps
- Open & close partner positions
- Crossbody Lead
- Inside Turn
- Posture & connection
- Music timing
- Short partner routine

Part B

Progression Expectations

- Maintain consistent basic steps to music
- Lead or follow a right turn in open & close positions
- Lead or follow a Crossbody lead
- Execute a clear Crossbody inside turn
- Maintain good posture & frame
- Complete a short routine to music
- Short assessment by instructors



Crossbody Salsa Improver



Part A

What you'll learn

- Copa
- Left turn
- Outside turn
- Butterfly
- Titanic
- Hammer lock
- Mambo jazz
- Around the world
- Hand flicks & toss
- Footwork (Suzy Q, code steps, spyro, front double cross)
- Spot spins (left & right, single & double)

Part B

Progression Expectations

- Combine 4–5 improver partner moves
- Include 2 - 3 solo footwork confidently
- Dance to a full song with flow
- Maintain timing, frame and connection
- Transition smoothly between moves
- Short assessment by instructors



Crossbody Salsa Intermediate



Part A

What you'll learn

- Coca cola
- Barrel roll
- Windmill
- Basket/wraps
- Crossbody shuttle
- Crossbody check with variations
- Reverse Crossbody with variations
- Crossbody 360
- Body movements with varied exercises
- Complex shines & styling

Part B

Progression Expectations

- Combine 5–7 partner moves, mix of improver and intermediate level
- Express multiple shines and styling in your dancing
- Dance with flow and smooth transitions
- Maintain timing, posture & connection
- Ongoing detailed assessment by instructors to access a **FLORIDITA GOLD CARD** – this card gives you access to start training as a teacher

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	30%	30%	40%	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 🍷	—	—	1 hr	3 hrs
Lifetime access to Royce de la Cruz eBooks (current & future)	—	—	✓	✓
Access to online courses (Yoga, Pilates, Fitness, Salsa & Bachata, Guided Meditation) 🌿	Limited	Limited	Full	Full

**GET UP TO 50% DISCOUNT ON CLASSES & SPECIAL EVENTS, INCLUDING FREE PRIVATE CLASSES
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Cuban Salsa Beginner



View it online

Part A

What you'll learn

- Basic steps
- Open & close partner positions
- Cuban/Latin open steps
- Guapea
- Basic turns
- Dile Que No
- Posture & connection
- Music timing
- Short partner routine

Part B

Progression Expectations

- Maintain consistent basic steps to music
- Lead or follow basic steps in close position
- Lead and follow Guapea
- Maintain posture & relaxed connection
- Clearly lead or follow Dile Que No
- Complete a short routine to music
- Short assessment by instructors



Cuban Salsa Improver



Part A

What you'll learn

- Enchufla
- Enchufla doble
- Sombrero
- Setenta
- Vacilala
- Vacilala doble
- Hombros
- Sombrero con mambo

Part B

Progression Expectations

- Combine 4–6 improver-level movements
- Dance to a full song confidently
- Maintain timing, posture & control
- Transition smoothly between movements
- Short assessment by instructors



Cuban Salsa Intermediate



Part A

What you'll learn

- Noventa
- El Uno
- Enchufla (variations)
- El dedo
- Prima
- Coca Cola
- Hermana
- Familia
- Stenta complicado
- And more...

Part B

Progression Expectations

- Combine 5–7 Intermediate-level movements
- Dance to a full song confidently
- Maintain timing, posture & control
- Transition smoothly between movements
- Ongoing detailed assessment by instructors to access a **FLORIDITA GOLD CARD** – this card gives you access to start training as a teacher



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- ✓ 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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Bachata Fusion Beginner



Part A

What you'll learn

- Basic steps
- Left & right turns
- Wrap (Pretzel)
- Open & close positions
- 180° turn
- Upper body waves
- Rolls (hip & head)
- Short partner routine

Part B

Progression Expectations

- Maintain consistent basic steps to music
- Lead or follow a left & right turn
- Lead or follow a 180° turn
- Execute a wrap and exit
- Execute any two moves from the following: Wave, hip roll, head roll.
- Complete a short routine to music
- Short assessment by instructors



Bachata Fusion Improver



Part A

What you'll learn

- Body roll
- Madrid steps
- Caricia/hair brush
- Circular head & hip roll variations
- Swan dive
- Outside turns
- Hammer lock
- Rompo delante
- Hand flicks
- Music timing
- Shadow position (entry & exit variations)

Part B

Progression Expectations

- Combine 5–7 improver partner moves
- Maintain music timing
- Good flow and smooth transition between moves
- Maintain good frame and control of moves
- Complete a short routine to a full track
- Short assessment by instructors



Bachata Fusion Intermediate 1



Part A

What you'll learn

- Madrid variations (lateral and vertical)
- Shadow variations (entry and exits)
- Isolations (shoulders, chest, ribcage, torso, hip)
- Pendulum
- Carousel - lateral wave
- Sliding doors
- Cambre, dolphin dives & leans
- Windmill & 360°
- Footwork and styling

Part B

Progression Expectations

- Combine various moves from improver & intermediate level in partnerwork
- Maintain music timing
- Good flow and smooth transition between moves
- Maintain good frame and control of moves
- Complete a short routine to a full track
- Detailed assessment by instructors



Bachata Fusion Intermediate 2



Part A

What you'll learn

- Zouk-inspired tilted turns
- DJ turn with variations
- Big Ben clock turn
- 360° carousel
- Coca cola
- Rotiserrie
- Barrel head roll
- Musicality training
- And more...

Part B

Progression Expectations

- Combine various moves from intermediate 1 & 2 in partnerwork
- Maintain good musicality
- High-level control and posture
- Adapt to follower and leader abilities
- Ongoing detailed assessment by instructors to access a **FLORIDITA GOLD CARD** – this card gives you access to start training as a teacher



Access Floridita knowledge bank

