



**Ballet  
Hispanico**  
School of Dance

# ADULT SALSA

## Class Information

Join us in the Beginner Salsa for Adults series starting this Fall! Get your body moving with us while learning the basic steps, shines, and partner work in found in New York's Salsa On2 timing. All steps are safe for all ages and no partner is needed. This class explores the Latin dance of Salsa through body isolations, rhythm, and partner work which are explained and demonstrated in detail using dance kinesiology and theory.



### Marisabel Vasquez

trained in Classical Ballet and competitive dance through Act One Dance Studio, studied Dance Sciences and Kinesiology at Texas A&M University, and graduated from Baruch College with a Bachelor of

Business Administration in Operations Management. She holds a Master's degree from New York University in Dance Education, and is an ABT® Certified Teacher. Mari has taught and performed all over the states. Through her work, Mari hopes to provide the legacy of enlightening and opening doors to young Latinas and Latinos who are deeply passionate about both dance and their culture.

**Mondays  
6:45-7:45 PM**

**Dates:  
October 3, 17, 24, & 31  
November 7, 14, 21, & 28  
December 5**

**9 Classes  
for \$190**

*Register for the class package on Mindbody, linked [here](#).*

### RECOMMENDED ATTIRE:

**Female-Identifying:** For tops, dancers may wear athletic t-shirts, tank tops, or leotards. Acceptable bottoms include items that are easy to move in like a skirt or dress, leggings, jeans, or pants that are made from a stretchy fabric, yoga pants or capris.

Dancer sneakers, character shoes, or ballroom heels are acceptable shoes. Do not use shoes worn outside. Students must have a designated pair that are only worn in the studio to keep the studios safe and free of debris such as glass and rocks.

**Male-Identifying:** For tops, dancers may wear button down shirts or tee shirts. Acceptable bottoms include slacks or fitted sweatpants.

Dancer sneakers or character shoes are acceptable. Do not use shoes worn outside. Students must have a designated pair that are only worn in the studio to keep the studios safe and free of debris such as glass and rock