

SALSA SPLASH

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INTRODUCTION:

1. What is Salsa Splash?
2. Why and for what age group will such a class be suitable.

THEORY:

I have designed this class for the regular aqua participant, who have achieved a plateau in the water and needs a fun and more energised workout, to take them to the next level of water fitness. But the same class will also cater for those who are not so fit and even those who have never been in a aqua class before.

WHO:

From the regular aqua participant to the beginner who has never done a water workout before.

WHAT:

This is a workout that is easy to teach and not difficult to follow. Basic aqua moves are used with just the addition of some latin flavour. A warm-up with basic freestyle movements to get participants into the vibe. Then a song will follow with choreographed work. The following phase will focus on some speed work. Keeping in mind that heart rates must be taken up at this stage of the workout. A theme song will then follow with some slower movements for the recovery phase from the speed work. Next will follow some directional movements also with flavour – a repeat from the choreographed songs, just directional movements added. Class will end with elevation work for stabilization and the cool down phase.

WHEN:

This class will be great for a Monday morning group.

CHOREOGRAPHY:

WARM-UP:

1. Basic march forward and backwards.
 2. Add flavour by twisting hip's right and left. Still moving forward and backwards. (Merengue march)
 3. Basic wide march on the spot.
 4. Add flavour by circling hips *4 to the right and *4 to the left.
 5. Side mambo with arm sweep to the side.
 6. Front and back mambo.
 7. Side march with legs criss cross. 64 counts.
- Warm-up 10 –15 minutes.

CHOREOGRAPHED BLOCKS:

SONGS: Jaho

Belly dancing song

SONG 1 Jaho

1. Punch, punch *2 with body shake *4
2. Punch, punch *2 with knee lift (slight twist in upperbody) *2
3. Repeat above for 4 cycles of 8 counts
4. Basic merengue march forward and backwards 4 cycles – 8 counts
5. In a circle, tap right leg for 4 counts
6. Move sideways with a shuffle and small leg curl. *2
7. Repeat on left side.
8. Start from the top. (punch,punch.....) Till song is complete.

SPEED WORK

1. Basic march that will go into a merengue march or a jog.
2. Criss cross walk to the side – Teach slow – then add speed.
3. Shuffle sideways 16 counts right and left.
4. Knee lifts on spot with arms pushing down and shoulder shrugs.
5. Touch toe's and heel's with a double jump in middle and change legs.

THEME SONG

BELLY DANCE SONG

1. Arms up, leg to side and move in circle with hips moving.
2. Open in wide stance – arms to sides and roll body side to side.
3. Arms up, leg to side and move in circle with hips moving.
4. Again open in wide stance – arms side and roll body side to side.
5. Open legs and do a wide shuffle to the side *4 with a small leg curl.
Right and left *4
6. Repeat no 1. Right and left.
7. Repeat no.2
8. Side march with hips moving up and down
9. Forward march with hips pushing forward and backward march.
10. Open legs and do a wide shuffle to the side *4 with a small leg curl.
Right and left *6.

DIRECTIONAL MOVEMENTS;

1. Shuffle diagonal *2 with leg curl and take it back
2. Knee lift *8 in all four directions (front, side, back and side again)
with arms pumping up and down and shoulder shrugs.
3. Touch toe and heel with bounce in middle.
4. Criss cross march to the side. Hips moving along – pace faster. Right
and left. 16 counts right and 16 counts left.

COOL DOWN:

A thorough cool down with proper stretching and flexibility work.
10-12 minutes

Remember that this workout are based on having fun in the water and
letting yourself go.

HAVE FUN!!!!!!!

THANKS

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