

Bachata Level Descriptions

Level 0

Basic steps (on the spot, to the side, forward and backward), open dance position, traveling turns, first simple figures (e.g. Basket, Cinema), basic musical understanding.

Level 1

Basic steps (Basic, Open-Close, Side Basic, Cuadrado, Rompe Adelante, Madrid Step), simple traveling turns, dance positions (open, semi-closed, closed, shadow position, reverse shadow position), basic musical understanding, fundamentals of leading and following, bolero technique, simple figure elements (Media Luna, Completo, Paseala, Rodeo), introduction to isolations, various embellishments (hand releases, styling elements, arm throws).

Level 2

Review and consolidation of Level 1 content, spot turns, ochos, more complex figures, headroll, cambré, tree movement, forward-diagonal and lateral body waves (chest body roll, hips body roll), Raúl, Culito, pivot turns, simple combinations with smooth transitions between different Bachata Sensual elements (headroll/cambré, culito, tree movement, body waves), musicality (dancing the intro, dancing to different instruments, accents), simple dips and lifts, footwork (solo and in pairs).

Level 3

Review and consolidation of Level 2 content, more complex combinations with smooth transitions between various Bachata Sensual elements (headroll/cambré, culito, tree movement, body waves), musicality (Derecho, Majao, Mambo), dips and lifts, more complex footwork (solo and in pairs).

Level 4

Complex Bachata Sensual figures, body movement integrated into the basic step, individual styling within the couple, musicality (dancing to various breaks, dancing to the voice), presence and dance expression, complex footwork.