

Salsa Dance: A Journey from Creativity to Healing!

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Salsa dancing is everywhere! What's all the rage about? Find out here with a proven method for easily teaching/learning this Latin dance style while melting away stress and dis-ease. In this session you'll learn how Salsa dance plays a role in our own healing journey to re-discovering creativity and joy.

Go from DIS-stressed to DE-stressed to success!

"Stifling an urge to dance is bad for your health - it rusts your spirit and your hips."

~Adabella Radici

WORKSHOP OBJECTIVES:

- * Experience the basics of the stress-reducing dance known as the Caribbean salsa
- * Learn culturally-based stories & tips to improve the teaching process
- * Gain an appreciation of Latin dance as a creative art
- * Find out how the dance promotes healing & joy.
- * Increase healthy living and stress management skills
- * Have a ton of fun!



The Dance of Life begins with a step.

Salsa Personality Style: The Motivator

We are designed to be movers & shakers, both literally and figuratively. Empowering our health gives us confidence to navigate our surroundings and effectively manage our stress. The Salsa personality is a goal-oriented person who gets everyone motivated to buy-in on the task at hand. If we're going to get the project done, the salsa person will help us have fun in the process. It may seem frivolous or unproductive, however without a salsa motivator we'd be all over the place with no focus.

Step One: Motion - Take Steps to Heal

Chronic Stress causes equilibrium to feel out of sync with our surroundings or off-balance and DIS-ease can creep in. The result? You've Got Two Left Feet! Otherwise called "*STRESS.*" The Fight or Flight Response kicks in and increases: heart rate, blood pressure, muscular tension, mental fragmentation, irritability and/or depression. The Body in survival mode compromises your immune system.

Get back in Sync: If you've heard Salsa music, it's very lively and exciting. It is the ultimate spontaneous, motivating, connecting experience. It is a wonderful fusion of multiple cultures and dances. Musically, salsa blends the best of many cultures including a healing rhythm from West Ghana. To begin

Activity: Feel the Beat

With hands, feet, lumi sticks or dowels, practice the Clave beat in Salsa music. It is a similar rhythm as the base in the song “We Will, We Will, Rock You,” or short, short, long. First clap/tap the rhythm individually or with a partner, then add the feet.

Step Two – Practice Creativity

Our lives and our students’ lives are full of chronic stress. How can they learn when they are in survival mode? What’s causing chronic stress? Managing chronic stress means creating rituals that allow students (and ourselves) to regain BALANCE.

Learn the Structure of creativity: To fully appreciate any skill, like jazz music, sports, or even your health, you’ll need structure. When you feel comfortable with the basics, then you can begin having fun playing. As you gain confidence with the basics, then begin to add your personal creative flare; you improvise and embellish the basic moves.

Activity: The Patterns (structure)

Basic – Foundational repetitive rhythm, your feet become percussion instruments, like a clave or bass beat. With or without partner.

Dance Frame – Increases the communication with the world around you. Leader Left, Follower Right, add additional structure to the steps.

Spin – Focusing on balance in an imbalanced world allows you to feel grounded and whole. Leader raises one arm and ushers the follower under that arm. Can be done in place or while both partners exchange places. Either arm, either direction.

The Crossover Break – Allows partners to quickly exchange roles with partners/team and have a different perspective, yet that same enthusiasm may appear that they are stepping on other’s toes.

Step Three – Feel Joy

Feel the freedom of Joy: Engage in creative, healing activities that reduce stress and provide meaningful balance. You’ll increase productivity, focus and most important, express life with CREATIVITY & JOY!

Activity: Embody the Lifestyle

Combine the previous activities and experiment with different accents, pattern order, and personal style. Try it freestyle or with a partner. Become your alter-ego dance diva!

Resources

Music – Playlists available at DrWendyGuess.com/playlists

This presentation is an excerpt from *Dancing Away Stress: 3 Steps to Master Your Life’s Performance*. Author: Wendy Guess. Available at Amazon.com

Videos – Salsa and other dances can be found at Youtube.com/choreographyourlife

Professional Development opportunities and questions –

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