

Rueda moves

Many of these moves will be taught at the Mini Rueda Congress 2009.
But not all of them. This sheet might help you remember them ..

Updated 4/9-09



Rafael

setenta y uno
setenta y siete
setenta y guarachea
enchufla con bay ben
enchufla con doble engache
el pomo
asi se baila
neyor
el indesiso
a lo cubano
a lo cubano con mambo
policia doble
enchufla con mambo y reggaeton
pelota uno dos tres complicadas
enchufla doble por detras
enchufla con columbia
enchufla con afro
enchufla con banboleo
el tuner
osmel
pelota 1 2 3 complicadas
festival de pelotas (*
enchufla con rumba (*

Ricardo

reverencia y tornillo
preciosa (*
+ moves from list below

Roynet

Rueda D/E:
Havana Club
mambo moderno
enchufla con timba
muévete
setenta super complicado
vacilala con stop

Rueda B/C:
botala por atrás
enchufla para arriba y para abajo
por abajo del brazo
echeverría moderno
setenta con relajó

Alain

Isaura
Isaura al derecho y al revés
Isaura complicada
enchufla con cha-cha-cha,
son y la clave
enchufla con rumba y reggaeton
Alain dos
Alain tres
setenta y siete
ochenta y quatro a lo cubano
complicado
combinacion perfecta

Erodys

Rueda B+C (street rueda):
enchufla con reggaeton
enchufla con rumba (*
enchufla con mambo
enchufla con mambo y bomba
panque (*
panque moderno

Rueda C+D+E: (New Moves):
el cuello
sombrero complicado moderno
desplaza con Echevarria

Rueda E (complicated moves):
patin y patineta con mambo
damela directo doble y vacilala
babosa doble

Bernt

Rueda cruzado / Rueda 1 man - 2 women / Rueda contrat tiempo (Son):

Moves from prereq. list for level D+E.
These moves will not be taught, but used in the classes, in a different way.

Son: basico
rodeo
rodeo por hombres
vuelta sencilla

*) Moves marked with a star are moves from the Norwegian Rueda Standard

Rueda D+E prerequisite (all boxes)

Rueda C prerequisite (2 inner boxes)

Rueda B prerequisite (inner box)

Closed position

la rueda!
vamos arriba /
tiempo España
tiempo España abajo
un tarro

Structure commands

repite
... con una, dos
... y arriba
... y abajo

Open position

dile que no
dame una
dame dos
dame otra
dame una arriba
enchufla
enchufla doble
enchufla y quédate

pelota una, dos, tres
pelota hasta cinco
la prima
con la hermana
hasta la tia
paseala
paseala por arriba
exhibela
sacala
(una) media
(un) fly
vacilala
el dedo
sombrero
setenta
a lo cortico
enchufla y al medio
- a la derecha
- a la izquierda
- la flor
- flor roja

Closed position

vamos abajo
exhibela

Structure commands

festival de ...
mujeres ...
hombres ...
... dos veces
mentira!
siguelo
se fue
... y quédate
... sin soltar

Open position

directo
cubanito
cubanita
saca la vecina
Coca-Cola

patin
patin pa' mujeres
el cero
ni pa' ti, ni pa' mi
amistad
bota(la)
camina(la)
yogúr
Echevarria
principe bueno
principe malo
vacíence los dos
a lo cortico
- cadena
- complicate

including:

enchufla y al medio
- mujeres derecha
- mujeres izquierda

Structure commands

la madre
el flaco
el gordo
... con mambo

Open position

pelota moderna
Bayamo
balsero
saborea
panqué
alarde
por fuera - adentro
enchufla y al medio
- envuélvela
- altérnate

Underlined moves are not led by the men, women must know these on their own.

All the moves are from the Norwegian Rueda Standard.

Rueda Contests

This year is not necessary to prepare a rueda team to participate in the contest, only to show up with good concentration and enthusiasm:) This year there will be two different competitions:

Social Rueda Contest

When: AfroCuban Party, Saturday September 5th

Where: Folkets Hus, Center of Stavanger

Who: Everyone who wants to join, but in couples only. The couples are divided into random circles (/teams).

How: In contrast to previous years, where the team has practiced in advance, and have had the opportunity to align and choreograph parts of the dance, this year's team contest has a more social character.

Participants are divided into random teams of couples, 3-5 couples in each ring.

1 or 2 rings (depending on the number of participants) dance at the same time, to music at a moderate pace. The music fades down after 3 minutes.

The caller in each ring is a Mini Congress instructor.

A panel of judges decides which rueda wins.

There are no specific rules in the year, the winner is the team that the judges think dance the best rueda de casino.

All participants on the winning team win a prize!

Juan y Juanita

When: Salsa Matiné, Sunday September 6th,

Where: Rosenkildehuset, Center of Stavanger

Who: Everyone who wants to join, but in couples only.

How: You may know the Jack & Jill competition from couples dance (especially swing).

Here is *rueda de casino* way. This is how we will organize it:

One of the instructors are going to call a rueda, starting slowly with basic calls, and gradually increasing the complexity of the calls, and the tempo in the music.

If you make an error, you must immediately leave the ring, and the same goes for your partner, i.e. the person who is without a partner when you leave the ring. The same applies whether it's a woman or a man who makes the mistake. Hence, there is a bit of luck (or bad luck) involved. If the caller ends up without a partner (because his partner made a mistake and left the ring), then the previous lady who left the ring may reenter.

The other instructors are judges, and will be standing outside of the ring, paying attention to who are making mistakes. If you feel a pat on your shoulder while you dance, you need to step out of the ring, and bring your partner with you. If you do make a mistake, please leave the ring, do not wait for a pat on the shoulder from a judge.

Making mistakes are: going in the wrong direction, not changing partner when the caller is doing so, making a turn when the caller is doing the basic step, doing the basic step while the caller is making a turn, or missing a turn. We ignore minor mistakes in the turns, and small variations of the figures, but if you miss most of the figure, or a change of partner, you're out. If a figure that you don't know is called by the caller, the options are to do the figure right just by looking at the caller, or to leave the ring together with your partner. Quickly and effectively :)

There will be 3 winners, one man and two women. The last pair standing are the winners of the competition, together with the callers partner, and win a prize!

We will run a short warm-up first, to make everybody understand how it works. You may decide whether or not to participate after the warm-up, but only couples can participate, not half couples.

Class descriptions



Rueda de casino workshops

Weekend starter

Getting started for the weekend, mostly repetition of what is necessary to know to attend this level, according to the level description (see below).

New moves

Instructors choice of moves. On the lower levels mostly standard moves (not already included in the level description), on the higher levels mostly moves outside the Norwegian Rueda Standard.

Complicated moves

New and complicated moves, for advanced dancers on master level. Do not come to this class and ask for many repetition :)

Rueda styling - timing and flow

Not many new moves, but working on how to execute the standard moves nicely and clean, and the flow and synchronicity in the rueda.

Rueda contratiempo (Son)

Regular rueda de casino, but danced contratiempo / on 2, like in son. Note extra requirement in the schedule.

Rueda with improvisation

Using commands in different ways or improvised "commands" (like "muevete", "... doble con vuelta p'arriba con una")

Festival de Rueda - dance practice

Not so much new moves, some repetition of moves learned earlier this week-end, and dancing rueda to music with different speed.

Cruzado

Two different "groups" in the same circle, every second couple being in one group, and changing partner only within your group. The two groups dance in counter-rythm, one of them starting on beat number 1, and the other one on 5.

Street rueda

Cuban partyish moves (like yogúr and panqué) that are danced in ruedas in the street in Cuba, not complicated casino moves.

1 man - 2 women

Rueda where every man leads to women, one in each hand.

Non-rueda workshops

Timba - How to move to timba

Timba music is the classic "Cuban Salsa", played by popular Cuban salsa/timba bands like Charanga Habanera, Los Van Van, Pupy y los que son Son, Paulito, etc.

Cuban body movement - move like a cuban

Focus on dancing with your body, not only feet and hands. The Cuban way.

Son - Basic steps and couple dance

Learning the basic steps in Son, the predecessor of Salsa. This class ends with a rueda with son steps, and preparing for the following rueda class with dancing only son timing.

Mambo - One of the Cuban popular dances

Fun Cuban popular dance, common in the 50s, and also one the contributors to the salsa. Mambo moves are also used in rueda de casino.

Rumba - Traditional Cuban dance

The traditional cuban dance, also very useful to improve the quality of your moves in salsa and rueda.

Casino con Rumba - Use rumba moves in salsa

Focus on how to be able to put some rumba into your casino (salsa) dancing, preferably when the music asks for it.