

Title:

Social Benefits of Salsa Dancing

Word Count:

376

Summary:

Have you ever wanted to broaden your social circle but wasn't sure how? The bar scene is tired

Keywords:

salsa, salsa dance, dance, salsa dancing, dancing, dance instruction

Article Body:

Have you ever wanted to broaden your social circle but wasn't sure how? The bar scene is tired

If you visit any salsa dance club there are all types of people of all different age groups and

But even if you've never stepped foot in a salsa club or a salsa dance floor, that's ok because

To enjoy salsa dancing you only need to know a few simple steps:

First you step forward with your right foot and back and then scissor kick step and then back

But just remember to relax, move those hips and have fun!

Just dance like no one is watching!

Want to master the art of salsa dancing? Learn everything you need to know by going to www.salsa.com

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