

Title of the activity : Latin Dances

For who : 10+

Duration : Optional

Number of players : 2+

Place : Open – Closed spaces

Characteristic :

- Improve body synchronization
- Acquit ryhtym ability

Type of activity : Partner activities

Educational interest :

- No special interest required

Materials :

- A pair of comfortable shoes and comfortable clothes

Goal : To earn dancing abilities, synchronize the body with the music, be one with your partner

Method :

There is no step by step method to learn dancing. It is an expression of the feelings. People from the young to the old may learn dancing easily as long as they are willing to do it.

In Turkey, we had hired an instructor. This is the easiest way to learn dancing. With the support of a professional, you can make progress in a short while.

The instructor taught us salsa and bachata for 2 hours for each. In the end, everyone was able to dance at least 1 song without repeating the moves.

In so many dances, there are some basic steps which will make you dance in case you perform repeatedly. You can access courses in so many countries and various cities. It is one of the best leisure time activities you can do in your free time, which also lets you to socialize with people.

For more info, you can check our website ILTA.com.

Link or picture :

