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The dance flavor of Salsa music by [Albern Hassan](#)

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Do you dance in front of the mirror in your room when you listen to the soft playing music? You feel as if the salsa music is beckoning you to spread your arms and urging you to shake your leg to the musical beats. Well, salsa is a dance style, which is slowly gaining popularity across the world for its soft and sensuous aesthetics.

The word actually originated from sauce, which is a smooth flowing liquid and has a hot and spicy flavor. So in a way, salsa is a dance style where the movements are easy flowing and stylish also. With its origins in Cuba where the African rhythms and the Spanish guitar created a blend among themselves to give birth to this unique dance style. In the ancient days, the music was played to invoke the gods. The African slaves were forced to convert themselves to Christianity but somehow they managed to preserve their heritage by praying to their own gods in certain code words. When broadcasting made its way in America, the westerners were exposed to the salsa music and gradually became a popular dance style among the ballroom dancers. Gradually it has spread to Latin America, Africa, and Caribbean and to the several parts of North America and then to the rest of the world for its stylish moves.

The salsa dancing is almost like the rumba where there is a similarity in the footworks movement, the stylish hip movement and also the throwing of the arms. In fact, it is partner dance where the balance is made by one while the other partner is dancing. The steps are fast and it needs to a clean performance where none of the partners can be stiff in terms while dancing. The salsa dance parties are very popular where both the partners have to dress themselves elegantly. You have to wear a proper outfit before performing the salsa dance. The dress must be comfortable and also elegant too at the same time. Shoes can be open toe or closed ones. Men have to wear shirts that have attached trunks with the snaps at the crotch. The trousers must be high waist and no belts should be worn as that will restrict the movement of the body. Shoes can be leather or sneakers when dancing. The soft romantic music with the perfectly matching steps make the couple dance really exciting and sensuous.

If you have a passion for dancing, it is better to join one of the salsa dance clubs. They teach you the art of holding your partner and the various other aesthetics that are attached with the dance steps. You can also meet a lot of people from different cultures. This will create a social group among the dancers also. Mixing and interacting with the people helps in refreshing both your mind and soul. Moreover, salsa dance music helps in keeping your mind and body refreshed also. Dance is a great way to keep your body in shape. So grab your partner and shake your body to the most stylish dance movement.

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Albern Hassan is an accomplished artist. He has written a number of popular articles on the use of different kinds of a [salsa music](#) which can give the idea on music. Regarding this kind of information you also visit a <http://www.salzoom.com/>.

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