

New Salsa: keep fit, while having Fun

Dance group New Salsa is the key ingredient to spice up your life in the New Year. Based in Redditch and Bromsgrove, New Salsa welcomes people of all ages and levels to the exciting world of salsa dancing. Whether you're wanting to try something new, brush up on your skills or simply wanting to maintain health and wellbeing, New Salsa provides you with the platform to satisfy your needs.

I found out about New Salsa three months ago after watching Jennifer Aniston's *Along Came Polly* and being totally in awe of what they can do on the dance floor. I searched online in hope that there was something local out there when I found New Salsa's website www.newsalsa-salsa.co.uk – Salsa in my Home town, Perfect! On arrival I was greeted by my new dancing group, people of different ages and colourful backgrounds – amongst them a folk singer, an airline pilot, a magician, and even a granddad – they all soon became my second family.

I was then welcomed by the tutor and founder of New Salsa, John James, a vibrant character full of life and passion for Cuban dance. He, along with his dance partner, Alison, have over 50 years of dancing experience, they instruct in an easy-to-follow format. They recognise that moves can sometimes be tricky to remember, so have named them with respect to what they look like: Spanish Arms, Tango Twist and the fancy Show-time to name a few.

It was only a few weeks when I felt like I could master anything that was thrown at me. Attending both the beginner's class and the advanced class every week helps me to practice both technique and styling and to add moves to the routine. The atmosphere is great, everybody helps each other out and no one is left behind. A real social event, enjoyed alongside a glass of wine or two! Though if I may I would add a warning: Very addictive. Side effects consist of immediate withdrawal symptoms and looking slightly insane when chanting 1,2,3..5,6,7 down the street!

Aside from Group Classes, John James also offers private tuition to accommodate people's needs – choreographed dancing for events such as weddings, helping dancers reach a professional level or for anyone who wants individual training and have that 'one-to-one' experience. If you wish, you can be filmed and the tutors will watch it back with you to review your technique. You'll be surprised at how good you look.

Looking for the feel good factor? Register on 0777 968 6679 or info@newsalsa-salsa.co.uk, for the time of your life

Kelly Wilson