



Dance, when you get the chance!

UKA Salsa Dance teacher qualification comes to the Highlands through Salsa North

The (UKA) United Kingdom Alliance of professional Teachers of Dance will be offered over three training weekends this autumn. Assessments will be conducted by UK examiner and international judge Ansell Chezan. Tuition will be provided by Phil Kailia of Salsa Northwest, who has successfully taken students through the qualification in the UK. A teacher and performer with salsanorthwest near Blackpool, Phil is coming to Highland to support Salsa North develop greater capacity for Latin dance styles in schools, local communities and to provide professional support to salsa teacher and promoter Jermaine McCracken, as she takes

Latin dance to remote venues across the Highlands. If you are already teaching salsa then you should attend the first tuition weekend on Saturday 10th — Sunday 11th October. This will assess your capabilities and ensure you are aware of all the course requirements.

The second weekend will be held on Saturday 31st October and Sunday 1st November. Both events will take place at Victoria Hall Cromarty. Students will be required to prepare



Phil Kailia from Salsanorthwest

for both practical and theory elements to complete the course and to teach a class for the external examine on the third weekend 21st and 22nd November.

Husband and wife team a winning combination!

Husband and wife team Campbell and Jermaine McCracken have been working together to teach and promote Latin dance since receiving an 'Award for All' in 2002. Campbell met Jermaine in 2001 and has been a keen salsa

dancer since Jermaine taught him his first few steps. An amateur musician, he has taken this passion to the extreme by forming 'Orquesta Latina del Norte' a Latin band that played its debut live performance in June 2009. The win-

ning combination like to see people of all ages enjoy dancing and have designed a product called a 'Cuban Ceilidh'. These events combine traditional Scottish music with some hot Latin rhythms for an evening of dance.

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SPECIAL EVENTS THIS WINTER

- *Moe Flex, international Dance teacher and star performer is coming to teach two workshops and dance the night away on Saturday 21st November.*
- *Salsa North working with Maggie's Centre to raise funds for the non medical cancer centre on the Raigmore Hospital site with a 'Cuban Ceilidh' on October 30th.*
- *Live band 'Orquesta Latina del Norte' to perform for 'Cuban Ceilidh' fund raiser.*

Moe Flex International performer and teacher comes to Cromarty. Saturday 21st November for a memorable workshop and salsa social with Salsa North.

In an attempt to bring dancers, teachers, youth workers and dance enthusiasts together this autumn, Jermaine has planned to integrate the UKA training weekend with a visit from Moe Flex. Moe Flex is one of the most exciting, inspiring and entertaining choreographers on the international Latin dance scene today! With the biggest smile in salsa, his boundless enthusiasm for dance is impossible to ignore and he has gained his reputation through sheer determination and talent.

As a leading authority in the field of dance, rhythm and body move-

ment, Moe's unique style of teaching is now recognised Internationally and he takes his workshops and shows to congresses and events all over the world.

By adding his own personal touch to everything he does, Moe makes every dance experience a positive and memorable one

and always leaves you wanting more. He really is an inspiring and

motivational role model for all performing artists and celebrities and has worked with the likes of **Roll-deep, Tim Westwood, 50 cent, Blu Cantrell, Craig David, Guy**



Jermaine with Moe Flex at the 1st Scottish Congress in Edinburgh January 2009.

Classes at Raigmore Recreation Hall summer 2009!

In the search for a perfect venue Salsa North has tried events at Deeno's bar in Inverness, James Cameron Community Centre and Raigmore. The Raigmore Recreation hall on the hospital site behind the helipad has been great for Salsa enthusiasts this summer as students have been able to warm up at 6pm with some Salsacise exercises, try out some new X body partner

moves at 7pm, raise the level of intensity and speed with Rueda at 8pm and social dance from 9pm—10 pm for just £5 per person per week. This opportu-

nity to dance each week for four hours for £5 will be available until the last Wednesday in September.

In October classes move back to the Spectrum Centre in the centre of Inverness on wed 7th October. Classes will be 6.30pm for beginners, 7.30pm for improvers class with social dancing until 9.30pm.

*'Great fun, good exercise'
'an opportunity to meet new dance enthusiasts, raise some money for charity and special events'*

UKA training for professionals working with young people.

If you are working in either formal or informal education with young people then having these skills is a great asset. Bringing music and movement into the way you work with young people in today's environment where every young person has a phone and the better it is the more tunes it has stored. Music is the medium of polemics and the lyrics and rhythms make emotional connections that last a lifetime..

Now is the chance to gain a recognized qualification in salsa dance, providing you with the opportunity

to learn about musicality and partner work. Bringing the Latin rhythms into your work will give you increased credibility and offer the young people an opportunity to shine in a medium they are comfortable with. Why not add these skills into the mix and bring a musical dynamic into the learning environment. There are many opportunities for dancers across the world for young people looking for something different to do as a career. It allows you to emphasize fitness and can teach mutual respect as well as spatial awareness and body coordination.



The course starts on Saturday October 10th and 11th, 31st and 1st November with examination on 22nd November '09.

Performances by Salsa North dancers this summer

Latin dance is a great spectacle and can draw people in to watch it.

This summer a small group of regular students have danced at Belladrum Tartan Hearts Festival, in the street on Falcon Square and at the Jamieson Community centre fete. If you would like to add something a little different to your fundraising activities or just want a bit of a show for people to watch, contact Jermaine to discuss on 07803 706842

Salsa can be danced in couples or as a group performance and as individuals. Such fun!



Dancing in the Street!

If you want something a little bit different for your charity event or for a party night then why not invite some of the Salsa North dancers along to show just how much fun dancing salsa is?

A great crowd puller for charity collections on the street!

**For more information call
Jermaine on 07803 706842**

Special events this autumn— dates for your diary

Special Events

17th September Mavericks salsa night from 9pm

24th September Advocacy Highland at Millburn Academy performance at 7pm.

26th September 'Black Isle Gathering' performance and

10th—11th October UKA first training weekend for anyone who wants to teach salsa Victoria Hall Cromarty. £240 for tuition.

30th October Maggie's fundraising 'Cuban Ceilidh' live band Tickets £10 each

31st October—1st November Second weekend UKA course

12th November Mavericks salsa night from 9pm

21st—22nd November UKA final assessment weekend

Saturday 21st November **Moe Flex** international dance teacher comes to Cromarty for workshops and a Salsa Party!

Salsa North

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www.salsanorth.co.uk



Salsa North was established in 2002 and offers great salsa classes and special events in the Highlands of Scotland .

Regular classes take place in Inverness, Alness and during the winter months in Kilmorack Hall by Beauly.

See www.salsanorth.co.uk for more details of

- Regular classes and private lessons
- Parties and special events
- Demonstrations for corporate or charity events

Classes and special events

September

Wednesdays at
Raigmore Recreation
Hall, Inverness
Beginners 6pm
Improvers 7pm
Rueda and Social
dancing 8—10pm
Only £5

Thursdays at
Perrins Centre, Alness
All levels from
6.30pm—8pm
Beginners welcome

October

Wednesdays classes
move to the
Spectrum Centre
Inverness from
October 7th
6.30pm—8pm
Beginners
8– 9.30pm
Improvers and Rueda

Thursdays at
Perrins Centre Alness
from 6.30pm—8pm

Private lessons by
arrangement

Parties or other
special events to suit
your needs by
arrangement with
Jermaine on
07803 706842

**Why not have a
session in school for
pupils or staff?**

**What about a lunch
time Salsacise dance
exercise class to keep
your staff active and
feeling good.**

**For hen parties or
fundraising events
we can provide a
small group to
demonstrate just
how much fun salsa
dancing is.**