

## 5 Star Salsa Splash Portugal

Mambo City's 5 Star Salsa Splash Dance Holiday, offering a luxury 5 star early Autumn sunshine break on the Algarve. In the beautiful Santa Eulalia Hotel in Albufeira you will be taught by the wonderful Robert and Jean White

Places are limited for this extremely popular dance break

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Dates and Prices    22 September to 28 September - £599.00

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Unique Features    Be there to experience Mambo City's 5 Star Salsa Splash, offering a luxury 5 star early Autumn sunshine break on the Algarve.< The perfect solution to improve your dance skills whilst having a brilliant holiday of a lifetime/p>

With the same high energy workshops and unforgettable parties as Salsa Splash Spain, plus additional related classes, Mambo City's 5 Star Salsa Splash Portugal promises a luxurious end to your summer at an affordable price. Join Robert & Jean White and their team for an exciting array of classes in Salsa On 1, Salsa On 2, Cuban Salsa, Rueda, Cha Cha Cha, Bachata, and Kizomba / Afro Luso! Your dance holiday, workshops and parties take place in the 5 star Grand Real Santa Eulalia Hotel, located on the renowned Santa Eulalia Hotel in happening Albufeira. It includes four outdoor heated pools, a spa, a gym, a choice of restaurants, bars and great dance space to show off your moves! Immerse yourself in the ultimate 5 star Salsa Splash experience.

Secure your place now for this extremely popular dance break and call 0207 099 4816.

Club Dance Holidays is a member of ATOL and can book flights for you.

If you would like us to book flights for you we purely charge the live flight rate and a £20 processing fee

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### Your Holiday

What's Included    

- | Return Shuttle Transfer from Faro Airport.
- | Six nights half board accommodation at the 5 star Grand Hotel Santa Eulalia
- | Special course for beginners
- | Pool parties
- | Midweek visits to clubs (some of these clubs will have free entrance where possible)
- | Dance classes every morning
- | Salsa & Kizomba classes
- | Floor Shows and entertainment
- | Time to relax and enjoy the beach, pool and local sights
- | Orientation Pack & welcome drink on arrival

NB the price does not include a return flight. However, if you would like The Club Dance Team to support you in booking your flights we would be more than happy too. Club Dance is an ATOL member and we purely charge you the live flight rate and a £20 processing fee.

Airport Coach Transfers: Please provide us with your flight details so we can allocate you a seat on our transfer coach. If the transfer times are unsuitable to your arrival/departure schedule, we're more than happy to arrange a taxi which will cost approximately 60€. Please give us a call if you would like us to arrange either.

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Is this holiday for me?    Yes! Anyone who has experienced the Salsa/Kizomba Splash brand will know that Mambo City's holidays are legendary. And for those who haven't - it's time you did!

5 Star Salsa Splash Portugal is a unique luxury break offering high quality salsa and parties in the sunshine. Catering to all dance abilities, from complete beginners to advanced, Robert and Jean bring their enthusiasm and professionalism to our best selling dance brand.

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Your Destination, includes sightseeing

Albufeira in the central Algarve region of Portugal, attracts thousands of visitors every year and it's easy to understand why! There is Albufeira old town with it's pretty cobbled streets lined with restaurants, bars, cafes and shops; the lively nightlife in Sao Joao; Albufeira marina with it's sugar candy coloured apartments and last but not least the lovely, sandy beaches. Albufeira is perfect for families, couples and singles of all ages and is central for all the tourist attractions, with the added bonus of a short transfer from Faro airport.

Albufeira is spread out rather than high-rise. The town itself consists of "old" and "new" sections which merge seamlessly into an extensive holiday-land suburbia, spreading off back east along the coast to Balaia, Olhos d'Agua and Falesia, and

west to Sao Rafael, Galo and the links golf course at Salgados. The whole area, greater Albufeira you could call it, is the most tourist-intensive place in Portugal. It has very little to do with the real Portugal, or with the real planet earth for that matter, but people come here in droves and have the time of their lives.

Some of the old charm is still there, and it is to be found in the labyrinth of narrow streets, lined with whitewashed houses, apartments, cafes and shops, which lead down the hillside to a central square, Largo Eng. Duarte Pacheco. The square is a good place to sit and watch the world go by. Nearby, next to the tourist information office, a tunnel at the end of a pedestrian-only mall leads on to the town's main beach.

"New" Albufeira, centred on Areias de Sao Joao, is on the east side. Its most famous thoroughfare is affectionately known as The Strip. It stretches from the looming edifice of the *Montechoro Hotel*, past scores of cafes, restaurants and bars, all the way down to a big busy beach called Praia da Oura. The Strip and nearby streets are a hive of activity from mid-morning, when cheap English breakfasts are served to help with the hangovers caused by imbibing into the wee hours the night before.

To help you enjoy your stay we would like to share some of our client's favourite places to dine -

Bistro - a small hidden gem in The Old Town. You will have to book in advance for this little place but it is worth it. The menu choice is small but the food is divine.

Villa Joya - a resort boasting some of the most exceptional views of the bay. The restaurant offers a wonderful ambience and a highly recommended set lunch menu. Your experience is full of small surprises and again we would advise to book in advance

Castelo do Mar Bar - a beautiful restaurant with exceptional views of the coastline and Marina. If you just fancy a drink or a beautiful lunch, this venue is perfect. it's a real experience that you will be glad to have included during your stay.

Restaurant O Manjar - Voted to be one of the best restaurants in Albuferia. You can't reserve a table here but if you pop down and they don't have a table available you can pop to the bar across the square and enjoy a drink and the waiter will come to get you once your table is ready. The food and service are traditional and highly thought of by locals and tourists. If you are looking for traditional, local food then this is a great choice.

Shalom II - Apparently this restaurant offers the best ribs you can buy. If you are looking for pizzas, pastas, steak, ribs and comfort food this restaurant is highly thought of.

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#### Climate and weather

Albufeira is located on the Portuguese Algarve and so the climate is always mild and nearly always sunny.

Average temperatures:

Jan	10C	Apr	14C	Jul	25C	Oct	18C
Feb	13C	May	19C	Aug	25C	Nov	16C
Mar	13C	Jun	21C	Sep	22C	Dec	12C

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#### Your Accommodation

Grand Real Santa Eulalia - Hotel\*\*\*\*\* (Half Board) (Included)

The Grande Real Santa Eulalia Resort and Spa is set in an excellent location overlooking Santa Eulalia beach and the Atlantic Ocean. It has easy access to the beach, and is just east of the popular resort town of Albufeira.

The hotel, built in 2004, offers stylish, modern décor and some of the best facilities in the region. First-class dining and a thermal thalasso circuit give the resort a satisfying blend of comfort and elegance.

Facilities include three outdoor swimming pools (may be heated during peak times), four restaurants, seven bars, two tennis courts, a cardio fitness room, thermal thalasso circuit, steam room and sauna.

Rooms have twin or double beds, individually controlled air conditioning, satellite TV, hairdryer and balcony or terrace.

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#### Classes and Workshops

All of the workshops start on day one with the teachers asking everyone to dance to a Salsa / Kizomba, during which they will observe the group and decide which level each client is at. Smaller groups are then formed – usually 2 – intermediate/advanced and beginner/improver.

Each group is then given a choreographed set of steps, based on the theme of the workshop. Here are some examples of the themes covered:

Salsa - Cross Body Style Improvers

Focus on connection with partner, Shines, Turn Patterns, Rhythm & Musicality

#### Intermediate

Better connection in partner work, more advance partner work

#### Advanced

Dynamics in motion, difficult sequences, variations

#### Shines

Footwork origination for swing, tap and jazz dance, now used in salsa dancing

#### Partner work / Turn patterns

#### Cross Body Style

There are 3 distinct style of Crossbody dancing, 1-LA, 2-New York On2, 3-New York On1

#### Los Angeles Style

Basic step for LA-style, with leader's steps in blue.

L.A. style is danced on 1, in a slot, with a measure of easiness and adaptability to it. It is strongly influenced by the Mambo, Swing, Argentine Tango and Latin Ballroom L.A. style places strong emphasis on sensuousness, theatricality, aerobics, and musicality. The lifts, stunts and aerial works of today's salsa shows are derived mostly from L.A. Style forms with origins in Latin Ballroom and Ballet lifts.

The two essential elements of this dance are the forward-backward basic as described above and the cross-body lead. In this pattern, the leader steps forward on 1, steps to the right on 2-3 while turning 90 degrees counter-clockwise (facing to the left), leaving the slot open. The follower then steps straight forward on 5-6 and turns on 7-8, while the leader makes another 90 degrees counter-clockwise and slightly forward, coming back into the slot. After these 8 counts, the leader and follower have exchanged their positions.

#### New York Style On2

Like LA-style salsa, New York style is danced in a line. However, unlike LA style, it is danced on the second beat of the music ("on 2"), and the follower steps forward on the first measure of the music, not the leader. The etiquette of New York Style is strict about remaining in the "slot" and avoiding traveling dancing in a sandbox area with a lot of spins, turns and styling. There is greater emphasis on performing "shines" in which dancers separate themselves and dance solo with intricate footwork and styling for a time—suspected origins from Swing and New York Tap.

Though he did not create New York style salsa, Eddie Torres is credited with popularizing it, and for having the follower step forward on the second beat of the first measure.

There are two distinct developments of New York Salsa as a music and dance genre:

1. Primary original evolution from Mambo era when Cuban music was introduced to New York due to influx of migrating Cuban dissidents and Latin migrants during Pre/Post Cuban Revolution in the 1950s and 1960s. This era is known as the "Palladium Era". At this time, the music and dance was called "Mambo" or "Rhumba" -- connoting the general term without being specific.

2. Secondary evolution during the late 1970s, Latin migrants, particularly Puerto Ricans, contributed to the New York Salsa development during the "NuYorican" era of Hector Lavoe which greatly popularized salsa as a term and modern Latin music throughout the world. Salsa superstars were "discovered" during the era, such as Ray Baretto ("The Godfather") and Celia Cruz ("The Queen of Salsa"). There are also salsa artists that transcend both periods, notably the legendary Puerto Rican Tito Puente ("The Mambo King").

These two developments create a fusion of a new salsa music and dance genre, different than its Latin American and L.A. Style counterparts.

New York style salsa emphasizes harmony with the percussive instruments in salsa music, such as the congas, timbales, and clave, since many or all of those instruments often mark the second beat in the music

#### New York Style On1

In the mid 1990's a group of dancers headed to New York to learn Crossbody dancing, MamboCity was one of these groups, the style they teach is an adaptation of New York On2 taught On1,

#### Cuban Style

Cuban style, also known as Casino, Casino traces its origin as a partner dance from Cuban Son dancing, and its rhythmic body motions from Afro-Cuban Rumba heritage. Son is considered an older version and ancestor to Salsa, it is danced in a circular motion, where the follower travels around their partner.

Son is danced on delay measure upbeat (contra-tiempo) following the 2-3 clave (Son Clave) whereas Casino is usually danced on the downbeat break of 1 or 3 (a-tiempo). Musically, the beats 1, 3, 5 and 7 are considered downbeats; whereas 2, 4, 6 and 8 are considered upbeats. Casino was popularized in the late 1950s as the Cuban Son received upbeat and quicker arrangements by musicians. Casino has a very independent development, free from external influences such as Puerto Rican and North American dances partly due to the effect of the Cuban Embargo

Rueda de Casino (Rueda, Casino Rueda, Salsa Rueda) is a particular type of round dancing of Salsa. It was developed in Havana, Cuba in the late 1950s and early 1960s by the group Guaracheros de Regla and one of its main choreographers and creators was Jorge Alfaro from San Miguel del Padrón, a soloist of a comparsa.

Pairs of dancers form a circle, with dance moves called out by one person, a caller (or "líder" or "cantante" in Spanish). Many moves have hand signs to complement the calls; these are useful in noisy venues, where spoken calls might not be easily heard. Many moves involve the swapping of partners.

The names of the moves are mostly in Spanish, some in English (or Spanglish; e.g., "un fly"). Some names are known in slightly different versions, easily recognizable by Spanish-speaking dancers, but may be confusing to the rest.

## Kizomba

Kizomba is one of the most popular genres of dance and music originating from Angola.[1] It is a derivative of semba, with a mix of Kilapanda and Angolan Merengue,[2] and sung generally in Portuguese. It is music with a romantic flow. It was the Kimbundu name for a dance in Angola as early as 1894. The Kizomba dancing style is also known to be very sensual. Actually as performed the kizomba is a meringue-konpa.[3]

Kizomba is often confounded with Zouk, the French Antilles konpa, because the pace is very similar.

Kizomba is mentioned in 1894 in the Bulletin of the American Geographical Society of New York which said "the genuine Kimbundu name is Kizomba, that is, dance." [5] In Angola in the 1950s the expression Kizombadas referred to a party. There was no association of the word to a dance or musical genre. However, the dance known as "Semba", "Rebita", "Kabetula", "Maringa", already existed in the 50's and 60's. Other dances coming from Europe like Tango were practiced by the Portuguese colonials. The "Plena" from Puerto Rico and are thought to be brought by the Cuban influence in Angola during the war. The style of Kizomba is now emphasizes a very smooth way of dancing with influences of Tango steps, but one of the main differences is that the lower body, the hip, does forward/backwards and circle movements. People dance on the tempo, as well as playing on the off beat and only sometimes using syncopation steps.

## Daily Itinerary

### Tuesday

Arrival and transfer to the Hotel Grand Real Santa Eulalia for dinner, welcome party and drink, followed by an Ice Breaker dance session at one of Albufeira's top nightspots.

### Wednesday

After breakfast you will enjoy two hours of classes with the Mambo City team. Take a break for lunch and before enjoying the splendid hotel facilities ( swimming pools, health spa and massage, stroll on the beach or take and a dip in the sea).

Afternoon pool party, a wonderful social event and opportunity to practise your moves.

After a sociable dinner at the hotel we depart for one of Albufeira's top nightclubs for a dance night to remember.

### Thursday

After breakfast enjoy two hours of classes with the Mambo City team. Take a break for lunch and before enjoying the splendid hotel facilities ( swimming pools, health spa and massage, stroll on the beach or take and a dip in the sea).

Afternoon pool party, a wonderful social event and opportunity to practise your moves.

After a sociable dinner at the hotel join the Salsa Party in the hotel ballroom.

### Friday

After breakfast enjoy two hours of classes with the Mambo City team. Take a break for lunch and before enjoying the splendid hotel facilities ( swimming pools, health spa and massage, stroll on the beach or take and a dip in the sea).

Afternoon pool party, a wonderful social event and opportunity to practise your moves.

Dinner at the hotel followed by one of Mambo City's legendary parties - a fantastic evening dancing Salsa and socialising with good friends while the sun sets over the stunning Atlantic ocean.

### Saturday

Weekend workshop program with classes to choose from followed by a beach party

Dinner at the hotel followed by another legendary Mambo City Party - a fantastic evening dancing Salsa and socialising with good friends. Continue to one of the Algarve's most popular clubs.

### Sunday

Weekend workshop program with classes to choose from followed by a beach party

Dinner at the hotel followed by another legendary Mambo City Party - a fantastic evening dancing Salsa and socialising with good friends. Continue to one of the Algarve's most popular clubs.

### Monday

Transfer to the airport for return flight to the UK.

## Nightlife

Salsa Splash Portugal offers you six fantastic nights of dancing (Tuesday to Sunday). These nights will be in the company of some of the best instructors ever to work with Mambo City. The evenings will be informal and fun in the classic

Mambo City style, with the full team of dancers accompanying you. We will have at least three nights out at local clubs.

**Your Teachers** We are pleased to offer a truly first class teaching and entertainment team of choreographers - full line-up to be announced soon.

Robert and Jean say about themselves: "Our first Salsa experience, was at a night club in Toronto Canada called Berlins, where the Salsa night was hosted by Josie Neglia, it wasn't until we returned to London, that we decided to take lessons in 1992, with the first generation of UK Instructors, Xihomara Granados, Nelson Batiste, Ramiro Zapata and Zina. we were first introduced to cross body style dancing by Pedro Gomez and have since gone on to work with and learn different styles from, such salsa luminaries as Eddie Torres, Nelson Flores (Descarga Latina), Thomas Guerrero (SantoRico), Frankie Martinez and many others. Owing to these influences, we have experienced styles ranging from Columbian and Cuban Salsa, to the Cross Body styles "On 1" / "On 2" and Cha Cha Cha, It was in May 1999, on a visit to the first SalsaWeb Convention (which was hosted in Washington DC), that we really got inspired, the amount of talent there amazed us, this plus encouragement from Nelson Flores and some friends who wanted us to teach them, prompted us to start MamboCity, which we did in August 1999, our first class had about 15 of our friends and steadily grew, we held our first party in October of that year, which was a Halloween Fancy Dress/Mask Party, we like themes as it keeps the party atmosphere. The following month (November), we got involved in promoting a New York dance group who wanted to come to the UK, Luis Zegarra of Fuerza Latina and Ismael Otero of Caribbean Soul, This happend by chance, due a promoter who was responsible for organising the event pulling out, Luis Zegarra persuaded us to go ahead with the promotion."

**Food and Meals** International cuisine: Albufeira offers a choice of restaurants offering locally caught fresh seafood as well as international cuisine including modern and traditional Portuguese, Italian, Chinese and much more.

To help you enjoy your stay we would like to share some of our client's favourite places to dine -

Bistro - a small hidden gem in The Old Town. You will have to book in advance for this little place but it is worth it. The menu choice is small but the food is divine.

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Shalom II - Apparently this restaurant offers the best ribs you can buy. If you are looking for pizzas, pastas, steak, ribs and comfort food this restaurant is highly thought of.

#### Optional Extras

Single Room  
Supplements,  
Upgrades and  
Budget Options

##### Option 1 - Included

Grand Real Santa Eulalia - Hotel\*\*\*\*\* Half Board - (22/09/2015 to 28/09/2015 - 6 nights)

Twin / Double (Per Room)

Included

Twin for Sole Use (Per Room)

144.00 GBP

##### Extra Nights

Twin / Double (Per Room)

100 GBP per night

Twin for Sole Use (Per Room)

70 GBP per night

**Flights and  
Transfers**

Flights: The standard price advertised does not include a return flight out to the event. You can buy your own flight or we can buy it for you, there will be an admin fee of £20 on top of the flight price.

The nearest airport to Albufeira is Faro which is served by Ryanair and EasyJet, amongst other airlines. There are several

regional departures from the UK.

Airport Coach Transfers: Please provide us with your flight details so we can allocate you a seat on our transfer coach. If the transfer times are unsuitable to your arrival/departure schedule, we're more than happy to arrange a taxi which will cost approximately 60€. Please give us a call if you would like us to arrange either.

Making your own way to the hotel for ground only package

Making Your Own Way to Your Hotel in Albufeira Should you not want to take our shuttle transfer from Faro Airport or if you are flying in to an alternate airport you can reach your hotel by taking a taxi from Faro Airport from approximately 60€. Alternatively, you can catch a bus to the centre of Faro and from there pick up a bus to Albufeira. For time-tables and to pre-book please see: <http://www.eva-bus.com/>.

What to Expect in terms of Organisation

On Arrival: You will receive a detailed itinerary and details of any optional extras.

Overview of the Week and Welcome Drink: At the beginning of the week there is an Overview of the Week where Robert and Jean White will tell you about all details of your holiday. At the Overview of the week you can buy any optional extras. Also at the start of the week, Dance Holidays will invite you to be our guest to a drink.

Free time: We encourage you to explore the local area and make use of the excellent hotel facilities. This can be done when you please around the activities and dance classes that we have organized for you.

Before Your Go

Books on Portugal: It may be worth your while reading up on your destination before you go. We recommend the Rough Guide for general travel tips as well as Monica Ali's "Alentejo Blue" for a stunning portrait of rural Portugal.

Budgeting for your holiday: Here are some guidelines on prices, to help you do your own calculations.

Three course meal including drinks in the centre of town: 20-25 euros

An evening of tapas and drinks: 12 euros

Rum and coke: 5 euros

Beer: 2 euros

Coffee: 1.50 euros

Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least two hours a day in order to be able to enjoy the workshop/socials.

Insurance, Visa and Passport Requirements: Insurance is a condition of booking. Visas may be required for non EU citizens. British nationals need a full passport to travel to Spain. Refer to the brochure for full details.

Travel Documents: You receive these 10 days prior to departure.

Essential equipment and clothing to bring

What to wear for dancing: We recommend that you bring shoes with a leather sole for the dance classes and the evenings. You might also want to bring blochs dance trainers with you as well. Your shoes should be comfortable and supportive and we advise you to wear lightweight cotton socks if you want to avoid suffering from sweaty and blistered feet! Wear comfortable loose clothing for the classes, but feel free to glam your gear up for the evenings as we expect the Salsa Nights to be quite dressy!

Useful Things to Bring

Camera - so you can tweet and post your memorable moments!

Swimming costume/trunks and suntan lotion

Summer/Autumn clothing for day

Jacket for evenings

This fact sheet and Joining Instructions

Passport, money, plane ticket.

At Your Destination

Banks and Money: The easiest way to buy obtain euros is by using a credit card at the cashpoints which are located at five minutes walking distance from the hotel. You can buy small amounts, as often as you like, at any time, without queuing. You will need to know your P.I.N. Bank opening hours are normally 9.00 a.m. to 2.00 p.m. Banks will change cash, travellers cheques and will sell you currency on your credit card providing the lines are open. You will always need to show your passport at a bank.

Tipping is generally not that common in Portugal. There is no need to tip taxis, but it is usual to leave a 5 - 10% tip at a restaurant if you are particularly pleased with your dinner/lunch.