

"Great fun made special by a terrific host."

Is this holiday for me? With instruction in small, friendly groups, our Copacabana Cuban Salsa holiday is right for you whatever your level of experience, from beginners, to improvers, intermediates and even training salsa instructors.

Your Destination, includes sightseeing

Eastbourne, of Saxon origin, is an unspoilt elegant Victorian seaside resort. Nestling under the Sussex Downs it enjoys a very pleasant all year round climate. It is protected from the more adverse weather conditions by the 575ft cliffs of Beachy Head and is renowned for its exquisite Carpet and Italian Gardens.

The town is bursting with so many things to see and do that you might want to extend your visit to fit more in. There are plenty of places to visit and fun things to do for all ages. Explore the area's history, discover 1066 castles, museums and art galleries, relax and enjoy the views of Beachy Head, local parks and gardens, sample the local produce from the town's vineyards and farmers markets, enjoy fun filled trips to the seaside or South Downs National Park, spend the day shopping and then soak up the local atmosphere in one of the many restaurants, wine bars or traditional pubs.

Climate and weather

Eastbourne enjoys a typical British climate but our hot Salsa weekend should warm the coldest of cockles!

Your Accommodation Mansionnnn Lionssss - Hotel*** (Half Board) (Included)

The elegant Mansion Lions Hotel is located in a prime spot overlooking Eastbourne's Grand Parade. Decorated to a high standard, facilities include a cosy bar and welcoming restaurant serving quality home cooked food and a choice of function rooms, ideal for our dance event. All individually designed rooms are spacious and decorated to a high standard, with mahogany furnishings and new Victorian style bathrooms. Television, hairdryer, telephone and tea/coffee making facilities are supplied as standard.

There is no car park at the hotel but parking permits for £1 per day are available from reception.

Classes and Workshops Our expert instructors have created a unique salsa syllabus & workshop programme, aimed at helping you grow as a dancer over a single weekend. This Cuban Salsa in a Weekend holiday is based on a step by step, integrated fast-track course, covering a myriad of Cuban dance styles and rhythms, and combining this with plenty of opportunities for practice, repetition, revision. This will give you the embedded muscle memory you need to own new moves, new styles, new rhythms, and take these away with you after the holiday!

Over the weekend, there are workshops on: * Cuban Salsa * Rueda de Casino * Cuban Son * Rumba & Orishas in salsa partner-work * Cha Cha cha * Salsa Musicality * Bachata * Beginner, Improver, Intermediate Courses in Cuban Salsa * UKA Dance Salsa Medals & UKA Dance Salsa Teacher Training Course

The Learning Experience

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Daily Itinerary

Here's a provisional itinerary which gives you an idea of what the weekend might look like. Some details may change.

Friday Schedule

Classes 20:30 – 22:30

Cuban Salsa & Rueda with Salsa Lee Beginners/Improvers – 20:00

Cuban Salsa & Rueda for Experienced Dancers with Leo – 21:00

Social Dance until late with Dj Leo

Saturday Breakfast in the hotel

10:00 – 13:00 Beginners/Improvers/Fast-track Salsa with Salsa Lee

10:00 – 11:30 Cuban Salsa/Partnerwork

11.30 - 12:00 Coffee Break

12:00 – 13:00 Rueda de Casino Beginners/Improvers/

13:00 – 14:30 Lunch

14:30 – 17:30 Experienced Fast-track Salsa with Leo

14:30 – 16:00 Cuban Son (Improvers/Experienced)

16.00 - 16:30 Tea Break

16:30 – 17:30 Cuban Rumba into Casino (Improvers/Experienced)

Dinner 18:30

Saturday Evening: CopaCubana Party Night in Brighton – The Fun Continues! From 20:30 to 03:00!!
20:30 – 22:30 – Salsa & Bachata Classes

Sunday

10:00-12:15 Beginners/Improvers Cuban Salsa with Salsa Lee

10:00 – 10:45 Cuban Salsa Partnerwork – Refresh, Revise, Practise

Coffee Break

11.15- 12.15 Rueda de Casino / Partnerwork Improv – Refresh, Revise, Practise, Grow

12:15 – 13:45 LUNCH

13:45 – 16:00 Experienced / Cuban Salsa with Leo

13:45 – 14:30 Refresh, Revise, Practice, Grow – Cuban Son

Tea Break

15:00 – 16:00 Orishas into Rueda de Casino

16:00- 17:00 – Salsa Afternoon Delight - Party-time! Everybody Together, Dancing til you drop, practise and reinforce everything you've learned this weekend!

Nightlife

A special highlight on Saturday night is a chance to dance the night away at a top Brighton hot spot – the Copacabana club - and party til the early hours with passionate seaside salseros and salseras!

Your Teachers

Leo Henriquez from Cubashe Dance Promotions and "Salsa Lee" Knights will be your hosts and teachers on this dance weekend, alongside their experienced teaching team.

Leo Henriquez - Director of Cubashe Dance Promotions & Teacher

Leo Henriquez is one of the UK's most experienced and respected instructors in authentic Cuban style salsa.

A natural teacher, Leo is totally passionate about passing on his dance and music heritage to students. His down to earth teaching style will put you at your ease, and help open up the rich array of Cuban dance styles and rhythms to dancers of all levels of experience.

Leo has all the ingredients salsa dancers need to move to the next level. A street dancer and percussionist born in Havana, Cuba, Leo studied at the Havana School of Music before going on to play with many of Cuba's top bands. With his strong background in music and Latin percussion, Leo's dancing style is 100 per cent pure Cubano, strongly grounded, flavoured and infused with Cuban son, rumba, Orishas and much more.

Over a decade ago, Leo established Cubashe Dance Promotions in the UK to share, promote and develop his passion for music & dance.

In addition, he has successfully organised cultural events including the Brighton Salsa Festival (2013); Brighton Rueda Congress (2007), attracting dancers from across Europe and Brighton's Black History Month (2004).

Lee Knights – Founder, The London School of Salsa

Lee Knights – aka Salsa Lee – is a qualified United Kingdom Alliance Dance & International Dance Teachers' Association Salsa Instructor.

An experienced salsa dancer and instructor, Lee is passionate about teaching salsa from the roots up, and helping dancers find their own natural flavour or "sabor" on the dance floor. As a salsa instructor, she is dedicated to helping dancers of all levels of experience develop, grow and move to the next level.

Co-author with Alex Wilson of "Find the Rhythm – The Dancers' Guide to Salsa Music" – a ground breaking book/CD, sold across 5 continents – Lee is one of the UK's leading home-grown experts on Salsa Musicality. Her mission is to share her passion and understanding of rhythmic salsa with other dancers.

Lee is a pioneer of UKA Dance medals for salsa, helping dancers develop and achieve their potential through the medal system. She is working with UKA Dance to train the next generation of salsa instructors. This will be a launch weekend where dancers can work towards UKA Dance Salsa medals and accreditation as UKA Dance Salsa Instructors.

Salsa Lee has worked as a dancer and instructor for: BBC4, Sadlers Wells, Peacock Theatre, Afro-Cuban Fiestas, Club Cubana, HF Holidays, Pizza Express Jazz Club, Salsateca and more. She was a founder of "Carnaval de Cuba", the UK's biggest event of its kind.

Food and Meals Eastbourne offers wide variety of restaurant choices, from traditional fish and chips on the promenade to popular pasta and pizza chains and top-end dining experiences.

Optional Extras In addition to your holiday we offer you a variety of optional extras to enrich your experience and add some local colour. There are no optional extras currently available for this trip.

Single Room Supplements, Upgrades and Budget Options Option 1 - Included
Mansionnnn Lionssss - Hotel*** Half Board - (16/09/2016 to 18/09/2016 - 2 nights)

Single (Per Room)	18.00 GBP
Twin (Per Room)	Included
Twin for Single Occupancy (Per Room)	30.00 GBP
Twin Room (Per Room)	Included
Extra Nights	
Single (Per Room)	50 GBP per night
Triple (Based on 3 sharing)	120 GBP per night
Twin (Per Room)	94 GBP per night
Twin for Single Occupancy (Per Room)	58 GBP per night
Twin Room (Per Room)	94 GBP per night

Flights and Transfers Transport to the event is not included.

Making you own way to the hotel for ground only package Eastbourne is just 85 minutes by train from London Victoria and easily accessible by road. The Mansion Lions hotel has a prime location on Eastbourne's seafront, just a ten minute walk from Eastbourne's main railway station.

What to Expect in terms of Organisation You'll receive a course itinerary with information on the location of classes and your teachers on arrival.

Before Your Go Health and Fitness: There are no particular health requirements for a dance holiday. However you should be able to dance for at least 2 hours a day in order to be able to enjoy the classes. If you have any concerns please feel free to give us a call on 0207 099 4816.

Essential equipment and clothing to bring Comfortable and supportive shoes with a leather sole are recommended for the dance classes and the evenings. We also advise you wear lightweight cotton socks to avoid suffering from sweaty and blistered feet! Comfortable and loose clothing for the classes are also recommended.

At Your Destination You will receive a course itinerary with information on the location of classes and your teachers. We will also advise you on the local sights, recommended restaurants and other helpful tips.
