La Sal

LAHDEN SALSANYSTÄVÄT

La Sal - Lahden Salsanystävät is the dancing society of Cuban Salsa in Lahti. We organize Salsa Parties (open for all dancers) approximately twice per month, and teach Cuban Couple Salsa in weekly classes under Nick's Dancing ry.

Beginner Classes on Sundays:
Vesijärvenkatu 30. Beginner Classes are a part of the LUT and LAB Universities sport service MOVEO offering! You do not need a partner or any dancing backround to take part in these classes!

MOVEO

Nicks Dancing

Schedule and booking: www.nicksdancing.fi
Moveo members: avoinna24.fi

Salsa is a common name for certain music and dance born in Latin and North America.

Salsa is played and danced in various styles. We dance Cuban Salsa (Casino) and play Cuban salsa (Son, Timba).



With us you can also dance Rueda de Casino, a wonderful dance in a circle, doing simultaneously figures and swiftly changing couples!



Parties and Äijäsalsa-classes are open for everyone, you are invited! We organize our own parties as free events, and you do not need your own partner or any dancing background to attend!

We give a **Free Overall Badge** for every student who attends our free of charge Äijäsalsa classes!



The name Äijäsalsa could be translated as 'Dude Salsa', but our pre-party classes are **open for all and any dancer!** The reason for naming is to encourage men and a slight focus for lead role dancers is because we (as in all European couple dance societies) used to have a lot more followers than leaders. Nowadays we have a very good balance between leaders and followers, and we can partly thank Äijäsalsa for that!