

Dated : 25th July  
2020.

"Salsa quotes by  
Archana."

1. Salsa is not just a Dance. It is a state of mind.
2. Salsa brought us closer. No not the two of us. Me with myself.
3. When you count 1,2,3,4,5,6,7,8 in that order, we feel there's something odd about it.
4. Feeling dizzy

has never been so difficult to find.

5. When has an ab workout happened so effectively; without having to move your limbs at all.
6. Oh man are you mistaken if you thought they are "just having fun" while they danced Salsa; you just missed the pain, the magic, the ache, the respect.

7. When else did the phrase "hang onto each other" make more sense?
8. Have you ever "felt" metamorphosis?  
Well, let's just leave it at that.
9. Connection is a bane if you thought you could hide something on dance floor.
10. Your worlds revolved around each other (in the true sense).

11. What does my instructor expect ? Huh? Magic? Miracle? Well.. BOTH!
12. If you had it your way, then Salsa wouldn't exist !
13. Feet is it? Wait, what did you just say? Heels?
14. It's funny when people talk about leading when they haven't taken responsibility for an entire bar of dancing yet.
15. Follow did you

say? Sorry I  
heard Surrender.

16. Why does it  
stare you down  
so hard when  
you just thought  
you got it right.
17. Did you know  
you could isolate  
your wrist  
muscles? No  
don't you dare  
answer that if  
you don't know  
what we mean.
18. What's next ?
19. Feedback has  
never been so  
brazen.
20. Turns is it? Wait!

You mean God!

21. If the entire world knew Salsa, philosophies would collapse and experience would exist.
22. Staying grounded is a necessity. Not a preaching phase.
23. They say we live in a parallel universe, they say we are not in touch with reality; we heard parallel and

touch and we are striving to do it right.

24. My instructor got me into Salsa posture and said BREATHE ! And that's how I learnt to shut up in class.

25. Ball is the door to stepping right.

26. My mind said "That's impossible" and my instructor showed it like a slap on my

logical mind and my mind is gaping even to this day. She actually literally "Opened up" my mind for good.

27. Shimmy is an ingredient of Salsa. I don't think you can choose to cook without it.

28. When you don't know what's coming next and you train yourself to receive it with everything you



have, I think you have figured out life.. oh, I mean Salsa.

29. A 2 by four space never received so much swag in 3 minutes before Salsa.

30. My friend said I am 1 feet from the wall, I need space. I thought dude you must be kidding.

31. Stand strong on your own. Completely rest on your partner.

Believe me  
please when I  
tell you that  
these two are  
the same.

32. I thought  
partner dancing  
was about 2  
people but that  
was only till I  
heard the floor  
laugh at me.

33. Trying to isolate  
and engage my  
pectorals is one  
of the hardest  
things I've ever  
done.

34. To "give" is an  
Art that Salsa

trains you in.

35. We do “ugly steps” only because we know how carry it off.

36. Listen before you speak is a skill that can be attained with Salsa dancing.

37. Real Salsa is not about finding an identity. It’s about losing everything you have and still live much more as a whole.

38. Perfection is an

art whose  
destiny is not as  
important as the  
journey.

39. Mind on your  
feet was my  
instructor's  
popular  
instruction. It  
took me 5 years  
to make sense  
of it.

40. Salsa breaks  
barriers; both  
inside and  
outside; quietly  
yet painfully.

41. Your instructor is  
always mean to  
you until you

become one.

42. Salsa taught me patience as I started out as a follower and a very important quality needed for that is to "learn to wait".

43. Silence is something that Salsa brings to you as you are constantly training yourself to "listen".

44. I don't know why waiting is considered a weak quality by

some people; we are all products of 9 months of patient waiting.

45. You know you are trying something new when you begin to lose your breath easily.

46. Our instructor said this needs blood sweat and tears and we have actually given it all at some point of time.

47. Ask questions to find answers

and not raise  
suspicions;  
suspicious  
minds cannot  
dance.

48. Trust is not a  
blind quality as  
you can trust  
someone only  
when you trust  
yourself and this  
is earned by  
years of hard  
work and not by  
a moment's  
decision.

49. Salsa is not our  
culture I was  
told many a  
time; when has

listening with respect and communicating without prejudice been against any culture ?

50. Find your own Salsa. Find your own path. Find something that takes your breath away and challenges you every single day.

Archana is a Salsa dancer and instructor at



Bangalore, India and  
is the co- founder of  
shArA- Salsa and  
Latin Dance Institute  
at Jayanagar,  
Bangalore.

Contact number:

**+919986718179**

Email id :

**kr.archanagupta@g  
mail.com**

CID membership no.  
27971.