“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).
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
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
I've, 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
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
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.

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