

History tells us that changes in social dance tend to follow changes in music, not *vice versa*. And changes in music and dance must suit the interest of the people. They have great social impact because dances are not merely for entertainment but also for social harmony, body exercises and physical fitness. Moreover, modern dances are designed in a way that they can give both fitness and entertainment to participants.

Nepal has observed many such new trends in dances in the last few years but very few survived. They received overwhelming acceptance from the people and has really drawn changes in socializing through entertainments. One such dance is the 'Salsa'.

The dance originated in the west and it has had its ups and downs. Latin music was suffering its first depression in the late 1960s. Displaced by Beatlemania, the Twist, and the Rock 'n' Roll craze, it looked like it was never going to recover. Then, as one of those great surprises that only life can spring, a single man's

# SALSANDO

inspiration changed all that. Izzy Sanábria was successful in making salsa a live rhythm that moved dance lovers.

A mixture of Latin American traditional dances, salsa, conceptualized in the first quarter of the 20<sup>th</sup> century, began to flourish in the late 1960's in many of the American countries and gradually grabbed the hearts of African and European dance enthusiasts. Today, it has become one of the most praised dance patterns in many societies. Thus, salsa, which

people rather than my efforts," says Diego. He is confident that you will not get out of its melancholy rhythms once you attend a class. He says, "I feel I was able to convince

Nepali people to take up salsa earlier than I expected. It seems the Nepalis have great love for and are fond of dancing." Interestingly, out of 98 students he is instructing at the moment, only six are foreigners. Predominantly young people, the participants range from 15 to 60 years of age. Diego insists salsa has no age bar.

Salsa is not only a dance, but also a way to socialize. In many countries it is performed as much for the benefit of the onlooker as the partner. The trend of socializing through salsa is gradually picking up with the Nepalese environment but still a vacuum remains widened to make salsa a greater factor of social gathering in the Nepali context.

Still, there are few salsa dance nights and festivals in Nepal. But Salsando Dance Studio is set to organize such occasions in partnership with Party Nepal as such public performances will attract more people to salsa. The dance Nepalis were seeing in Hindi and English movies have entered Nepal and hopefully, in the short run, be a part of social gatherings and musical festivals.

Salsando Dance and Fitness Studio conducts regular training sessions in its studio at Kasthamandap Bazaar, Kamaladi. They run a three-level course with three months for each level. The studio also provides training on jazz and boxercise, two familiar Rock 'n' Roll dances and will soon be introducing Indian dances. For details: Diego at 9851046430 ■ BY INDRA ADHIKARI

in Spanish means 'soul' has meaningfully been able to win the souls of dance enthusiasts.

Diego from Ecuador, Latin America, has recently established a dance studio at Kamaladi. Diego, who loved the salsa from an early age, has managed to attract many Nepalese to his studio. "It is the rhythms of the music that attracted

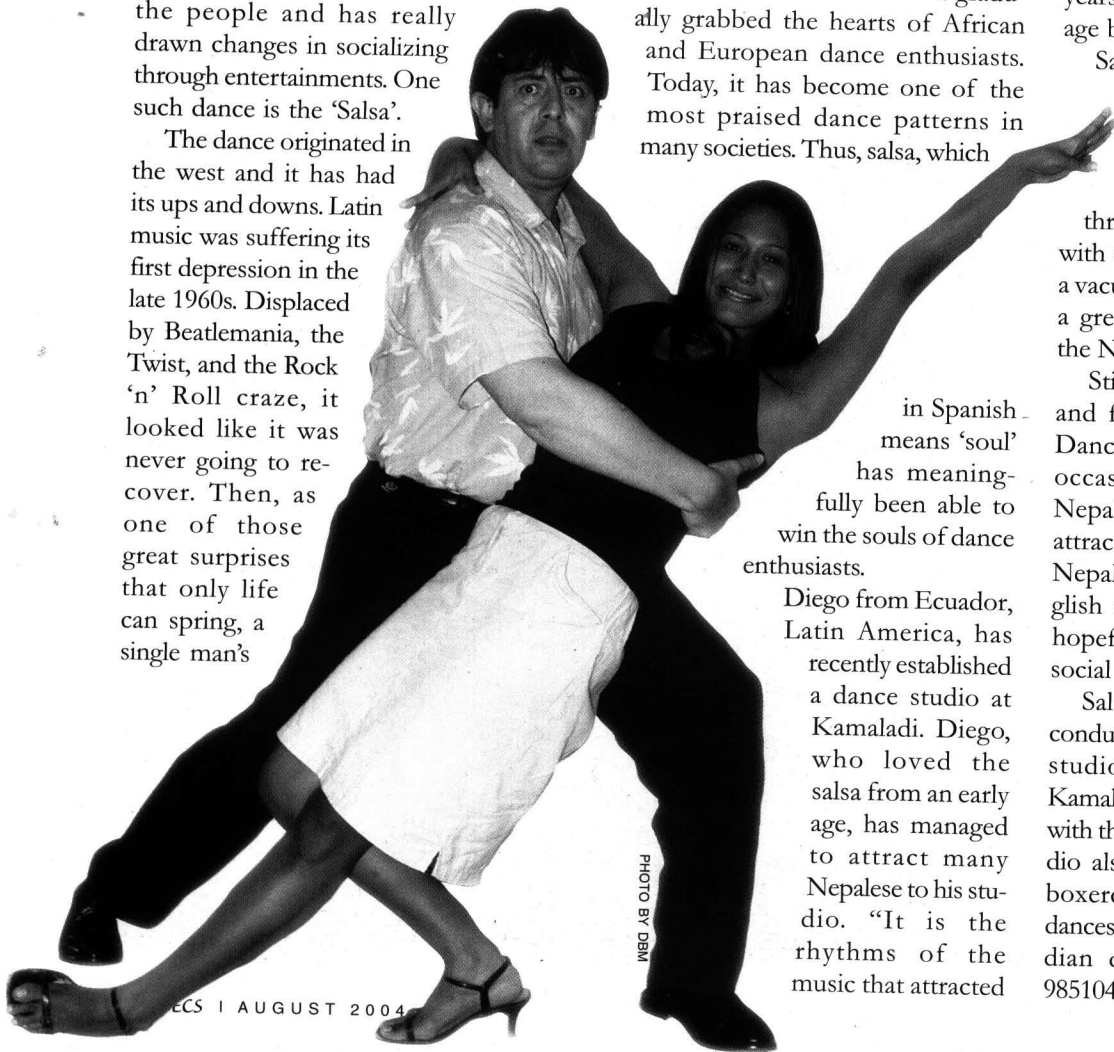


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