

El Mangú

Dominican Bachata Foundation Series

January 2026

Wednesdays 7 – 9 PM · Ripley-Grier Studios (939 8th Ave NYC)

January 7th · 14th · 21st · 28th

tresgolpesbachata.com

Learn Dominican Bachata from the Ground Up

El Mangú is named after a staple of Dominican life — simple, grounding, and shared. It's not flashy, but it's essential. That's how we approach bachata here. Before style, before complexity, and before performance, there are fundamentals that everything else grows from.

This foundation series is designed to give you a clear, usable base in Dominican bachata as it's danced socially. Not for routines or the stage — but for real music, real partners, and real rooms.

Four weeks is not about mastering everything. It's about building comfort, awareness, and confidence so you understand what you're hearing, how you're moving, and how to keep growing after the series ends.

The Learning Path

The Tres Golpes system is designed as a four-level progression that mirrors how people actually grow into the dance — from home, to social spaces, to deeper musical expression.

This series covers **Level 1** and **Level 2**.

- **Level 1 — La Cocina**
Where everything begins. Rhythm, timing, and basic movement — the things you absorb around music before anyone formally teaches you.
- **Level 2 — El Patio**
Introduction to partner connection in a relaxed, social way. Learning to move with someone else comfortably, clearly, and without tension.

For context:

- **Level 3 — La Calle** focuses on musicality, variation, and social awareness.
- **Level 4 — La Sala** emphasizes restraint, subtlety, and deeper musical conversation.

El Mangú handles the foundations.

Los Tres Golpes builds musicality, connection, and creativity later on.

Class Structure

Each class follows the same structure:

- **45 minutes — Solo movement & rhythm**
Footwork, timing, listening, and coordination
- **45 minutes — Partner work**
Connection, frame, communication, and application
- **30 minutes — Social drills & games**
Repetition, variation, and real-life practice

Classes function like practice, not rehearsal. Review is always built in, and new material is layered gradually.

Weekly Breakdown

Week 1 — Sound, Rhythm, and Walking Basics

We start by learning how to listen to bachata and move with it comfortably.

Music focus:

- The five core instruments: bass, segundo, requinto, bongos, güira
- The three parts of a bachata song: derecho, majao, and mambo

Movement focus:

- Merengue step
- Bachata basic in place
- Walking step (front/back)
- Step-tap patterns

The goal is comfort with timing and movement before anything feels rushed or forced.

Week 2 — Roots of the Dance & Frame

This week focuses on where bachata comes from and how that history shaped the way we move.

Cultural roots:

- Merengue
- Cuban son

- Bolero

Movement focus:

- Box step
- Side to side
- Return step
- Open basic

Everything builds directly from Week 1, with review before adding new material.

Week 3 — Evolution of Bachata & Rotation

We look at how bachata evolved over time and how to recognize different approaches on the social floor.

Style awareness:

- Traditional Dominican bachata
- Modern bachata
- Sensual bachata

This is about recognition and awareness — not debate. You'll learn what each emphasizes, what they borrowed from traditional movement, and how to stay grounded in Dominican fundamentals when dancing with people from other styles.

Movement focus:

- Turns:
 - 4-point prep turn
 - 8-point turn
 - Salsa left and right
- Rotating steps
- Diagonal step

Week 4 — Syncopation & Faster Dominican Flow

The final week focuses on energy, speed, and freedom in movement.

Music and context:

- Syncopation

- Triple step (*tíkita*)
- Palo and dembow as rhythmic references
- Social spaces like colmados, el Batey, Corito Bachatero, and Los Carrandales

Movement focus:

- Faster footwork
- Syncopated patterns
- Letting rhythm show up naturally in the body

This week ties everything together so movement feels responsive, not rehearsed.

By the End of the Series

By the end of the four weeks, you should feel:

- comfortable moving to Dominican bachata music
- confident dancing with different partners
- clear on foundational steps and rhythms you can build on anywhere

This series is meant to prepare you to keep learning — here or elsewhere — with a strong base.

Community Access

Students enrolled in this series receive **free access to our online community (Skool)**. This space includes practice resources, playlists, and discussions to support your learning beyond the four weeks.

There's no additional commitment required — it's simply a place to continue learning and stay connected.

Code of Conduct

This space runs on respect, presence, and intentional energy.

Everyone deserves to feel safe, welcome, and supported.

1. **Respect Your Partners** — Ask before partnering and be present when you dance.
2. **Bring the Right Energy** — Come to learn, not to show off or judge.
3. **Keep It Safe** — Stay aware of space and bodies around you.
4. **Be Respectful** — Listen when others share or need correction.
5. **Protect the Space** — This class is built on trust — maintain it.
6. **Treat Everyone Like They Belong** — We build community through how we treat each other.



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