

ZUMBA

I. MAIN AND BASIC STEPS WHICH CAN BE USED IN DANCE CLASSES SUCH AS ZUMBA

1. **Step touch** - stepping side to side while keeping hands on hips and relaxed shoulders. Stand tall with your back straight without twisting or rotating your body
2. **Step Out** - instead of moving from side to side, stay in one spot with feet slightly apart, while tapping the opposite foot lightly on the ground. Also continue to move your arms.
3. **Grapevine** - step to the right side. Step the left foot behind and past the right foot, then step to the side with the right foot and bring the left foot next to the right foot. Repeat with the left side.
4. **Double step** - double step touch to the side
5. **Knee up** – pull one knee upwards to the core and change sides.
6. **V step** - step in shape „V” . Go forward with the right foot, then step forward and out with the left foot. Step to the back with the right foot, then put the left foot.
7. **Mambo** – right foot forward, back to the middle than left foot forward and put it to the middle. Place steps diagonally. Turn hips to each side and relax shoulders.
8. **Cha-cha** - rock step forward with left foot(put your weight on the foot) rock (shift your weight) and back onto the right foot. Add hips.
 - a) side to side- use the same steps but place them diagonally. Start from left foot forward than chassé to the left side, step right foot back and chassé (triple step – step-together-step)
 - b) to the front - rock step right foot- cha-cha-cha- rock step forward with left foot; (you can do this moves to the back)
 - c) forward and back- rock step forward with left foot, put it to the middle –cha-cha-cha and back onto the right foot

* PUT ALL CHA-CHA STEPS TOGETHER
9. **Merengue** - March on the spot move your opposite arm with the opposite knee (start from right leg) in SLOW and HIGH TEMPO
 - a) alternately bend knees and stick out hips; thigh abs; relax shoulders. two step to the right, and two to the left(step-together –step-tap and to the left side step-together-step-tap)
 - b) Beto Shuffle - efficient stance, with feet slightly apart, straight posture, alternately move hands side to side(reach them up) - twist hips, swing all body. (You can use single moves, and single-singe-double)
10. **Salsa**
 - a) basic step - SLOW TEMPO- step from right to left – start from right side. Right leg - step out and to the middle, left leg- step out and to the middle (touch your toe) Transfer left to right, right to left (put your heel) - shift your weight from side to side. Rock your body (on 1-right leg out, on 2-left leg in the center on 3 right leg in the middle/out – center - middle, bend elbows do small circles remaining between hips and shoulders (move your hips pushing side to side and relax your arms) Repeat steps to HIGH TEMPO

- b) back step- SLOW TEMPO step to the back - start from the right leg - tap your right leg out and in and tap your left leg out and in (touch your toe) Transfer left to right, right to left (put your heel) rock your body (bac – center –middle) you can turn your hips from right to left and add one hand up each side. Repeat steps to the HIGH TEMPO
- c) two step- SLOW TEMPO - step from right to left – Start from right side (hands on hips), two steps to the right and two steps to the left – (step-together-step-tap) Repeat two steps to the right and to the left (add hips) to the HIGH TEMPO(pump your arm together each side (e.g hand open or close)

*PUT ALL SALSA STEPS TOGETHER

11. Cumbia

- a) two step - SLOW TEMPO - right leg in front and rock back and forward, switch legs(spin your hips or move them side to side). Move can be done on the spot with one hand on the hip and second bent at the elbow with open hand or you can move forward. Move can be done side to side. Rock back and forward moving to the side crossing front leg with the leg behind (add spinning hips or move them side to side) In circle: stand on the right foot, rock back and forward, straight posture, shift your weight to the supporting leg, add hips, squeeze abs, lift arms to the side and turn to the right on the same supporting leg - switch sides
- b) forward and back step - hands on hips right leg - forward and back (touch your toe) switch legs, - right leg forward put your heel-middle-back-middle (shift your weight to the supporting leg, rock body add hips switch legs – switch sides. Stand on the left foot, right foot forward on the heel and turn your foot to the right, switch sides, work with hips and heels, relax your arms bend elbows do small circles remaining
- c) Sleepy leg - Steps (x2) to the side while feet apart add hip up - left hand on the hip and bent at the right elbow with open hand - 4 step to the right and back (left hand on the hip, right arm up). Repeat with adding the hip (squeeze the hip when comes up)
- d) Machete step - stand on the left foot, step right foot forwards, (bent at the elbow) and put the arm down and make move – chopping or cutting, step to the side than put your hand up, step to the back with arm in the same position above head

Repeat all steps to the HIGH TEMPO

* PUT ALL CUMBIA STEPS TOGETHER

12. Belly dance

- a) In turns - place one foot forward (put your toe). Squeeze your hip up and forward and speed it up to work harder. Switch sides. Make small circular movements and lift your arms up- squeeze your hips 4 time on each side - speed up
- b) feet slightly apart, efficient stance - shift your weight to the supporting leg and wave your arms slowly and speed up
- c) in spot – alternately lift your leg up work your hips and arms (to the front) in SLOW and HIGH TEMPO

- d) make small circular movements with your wrist- lift them alternately up and work your arms. Shift your weight to the supporting leg to the rhythm
13. **Soca** - a relaxed and efficient stance, with feet slightly apart and bent knees. Hands on hips. Hips are moving in a clockwise motion SLOW TEMPO. Jump around and then in spot put your knees diagonally up. Work with your arms. Repeat in HIGH TEMPO
14. **Reggaeton** (is influenced by hip-hop)
- a) Stomp - SLOW TEMPO - March on the spot. Interchange feet and drop arms side to side. Arms are pointing towards the floor. Moves e.g. single-singe-double. Repeat steps to the HIGH TEMPO
 - b) pump with two step - feet slightly apart. Lift right arm to the front, elbow is bent and pull to the right side and switch sides. Alternately right and left arm with bounce. Knees are bend. Add two steps side to side single or double (e. g. single-singe-double).
 - c) destroza - feet slightly apart. Knees and arms are bend. Bounce with right foot eight times(swing your arms) switch sides. Wave the hips from side to side in "U" shape. Shift your weight to the supporting leg. Lift one leg and push your hip to the side. Rock arms while moving the hips. Bent elbows move: "dry off your back with towel"
 - d) crump it - a relaxed and efficient stance, with feet slightly apart with bended knees. Push your pelvis forward and back. Squeeze ABS. Arms in front with bent elbows. Pump with arms single or double on each side.
- * PUT ALL REGGAETON STEPS TOGETHER
15. **Samba** – SLOW TEMPO march in spot, bend knees than put them in and out. Add bounce, shift your weight to the supporting leg, (all weight is on the back foot) bounce twice and switch side. Heel toe heel (left-right-left, right-left-right. Pump your hips. Push your body down. On each side swing your arms in opposite direction. Repeat HIGH TEMPO
16. **Tango** - SLOW TEMPO step out to the side with right foot and cross your foot in front bring that back foot around and cross in front again. Step to the left but cross your right foot to the back- left foot to the back around and cross behind, step to the right. Straight posture with one hand close to belly second hand bend in elbow away from body in vertical position. Repeat moves with slow and HIGH TEMPO.
17. **Flamenco** – SLOW TEMPO. step out with right foot - middle- and left foot- middle. Reach arms up. Push your hip to the side while circling your arm above head and clapp twice. The same on the other.
- a) March in spot ,1,2,3 and lift knee up, and repeat alternately,reach arms up,(touch thomb to the forefinger) add hips. Slow and high tempo.
 - b) Step to the side with left foot, cross your foot in front step to the side again with left foot and lift your right knee up. Put right foot, cross with left foot in front, step with right foot and lift left knee up. Add moves with arms and hands touching foot while lifting knee up.
18. **Rumba** - shift your weight to the left foot, put your right foot to the back, back to the left leg, right leg to the side, shift your weight to the right leg, put your left foot forward, back on the right foot and left foot to the side. Wave your hips, relax your arms, bend elbows and do small circles remaining.

II. CHOREOGRAPHY

1. Music e.g. **“Harry Belafonte- Banana Boat Song”**. You can use combination of this moves below to the 3rd part of Lesson COOL DOWN AND STREACH or 1st part WARM UP
 - a) relaxed and efficient stance with feet slightly apart breath in (hands up) breath out (hands down) (3x)
 - b) step to the side (4x)
 - c) spring yours arms up stepping together, wave your arms
 - d) stretching the right and left side (one arm over the top supporting with leg)
 - e) breath in and out (3x)
 - f) step to the side (4x)
 - g) bring your leg together and stand on tiptoe (hands up and reach for the sky)
 - h) head rotation on right and left
 - i) hip rotation on right and left side
 - j) stretch the hamstring both legs (eg. put one leg forward - shift your weight to the supporting leg.
 - k) breath in and out (x3)
2. Music e.g. **“Daddy Yankee - Sígueme y Te Sigo”**
 - a) March in spot (2x) (count to 8)
 - b) Step touch (4x) (count to four)
 - c) Double step to the right and to the left
 - d) Repeat subsection b) c)
 - e) Salsa basic step (4x)
 - f) Salsa basic slow do the squats (4x)
 - g) Repeat e), f)
 - h) Cumbia in circle (count to 8 in right side and the same to the left side)
 - i) Repeat subsection b), c), d), h), e), f)
 - j) 3 step forward and knee on 4 and clapp tour hand up 3 step back and knee up on 4 and clapp, the same moves in all direction of the world
 - k) Deep breath in and out with feet slightly apart slow (2x)
 - l) Repeat b), c), d), h), e), f)
 - m) In spot clap your hands repeat
 - n) Repeat subsection b), c)
3. Music e.g. **“Don Omar, Zion & Lennox - Te Quiero Pa’Mi”**. You can use combination of this moves below to the 1st part of Lesson WARM UP
 - a) March - breath in (hands up) breath out (hands down) (2x)
 - b) Salsa back step (8x)
 - c) 3 steps to the right and clap your hands and 3 to the left and clap your hand (2x)
 - d) 3 steps to the right knee up and clap your hands and 3 to the left knee up and clap your hands (2x)
 - e) Basic Salsa (4x)
 - f) Step touch to the right step touch to the left, grapevine to the left and clap your hands, grapevine to the left and clap your hands (4x)

- g) V step with hands
- h) Step touch to the right step touch to the left, grapevine to the left and clap your hands, grapevine to the left and clap your hands (4x)
- i) V step with hands
- j) Salsa back step (8x)
- k) Cha-cha and mambo to the right and left side
- l) March and clapping hands
- m) Mambo and cha-cha

4. Choreography (music e.g. ***“Jump in line (shake, shake senora)”***)

- a) **Salsa two step** (QR: point I.10c)
- b) 4 steps forward shake your body with arms, and four steps back (all 2x)
- c) 4 steps forward lift your arms up (cross right and left side) (all 2x)
- d) **4 steps forward, 4 step to the back to the rhythm, work with hips and arms,**
- e) **Jumps in the spot switching legs (hands “playing on drums “) (8x) (in all direction off the world)**
- f) 4 steps forward shake your body with arms, and 4 steps to the back (all 2x)
- g) 4 steps forward lift your arms up and 4 steps to the back (cross right and left side) (all 2x)
- h) Right leg and left forward (touch your toe), than right leg to the side touch your toe and the same to the left side, repeat move forward to the rhythm(single and double step) hands on hips
- i) Jumps in the spot switching legs (hands “playing on drums “ up and down) (8x)) (all 2x)
- j) Repeat subsection f), g), d), e)
- k) 4 step forward with swinging arms add 2x basic salsa steps and 4 step to the back with swinging arms and finished 2x basic salsa step) (all 2x)
- l) 4 steps forward, shake your body with arms and clap your hands(count 1,2,3,4) and 4 steps to the back shake arms and again 4 steps forward clap your hands(count 1,2,3,4) and back 4 steps with shaking arms
- m) 4 steps forward lift your both arms up (cross right and left side) and clap your hands (count 1,2,3,4) and 4 steps to the back with the same move with arms and again 4 steps forward and clap four times and back 4 steps to the back
- n) Repeat subsection h), i) than 4 steps forward with lifting arms up (cross right and left side) back 4 step repeat to the front and back finished with 4 steps to the front

Repeat all 2 times

5. Choreography (music e.g. ***“ Jump in line (shake, shake senora)”***)

- a) **Reggaeton stomp continue to the refrain begins** (QR: point I.14 a)
- b) **Step touch to the right with shaking arms 2x, double step to the right (wave your arms from side to side) and step touch with the shaking arms to the left 2x and double step to the left (wave your arms) (all 2x)**
- c) **V step, and lift your arms alternately work with hips (hold each step)** (QR: point I.6)

- d) Jumps in the spot switching legs (hands “playing on drums “) (8x) (in all direction off the world)
- e) Step touch to the right with shaking arms 2x, double step to the right (wave your arms from side to side) and step touch with the shaking arms to the left 2x and double step to the left (wave your arms) (all 2x)
- f) Right leg and left forward (touch your toe), than right leg to the side touch your toe and the same to the left side, repeat move forward to the rhythm(single and double step) hands on hips
- g) Jumps in the spot switching legs (hands “playing on drums “ up and down) (8x)) (all 2x)
- h) Repeat *subsection f), g), d), e)*
- i) 4 step forward with swinging arms add 2x basic salsa steps and 4 step to the back with swinging arms and finished 2x basic salsa step) (all 2x)
- j) 4 steps forward, shake your body with arms and clap your hands(count 1,2,3,4) and 4 steps to the back shake arms and again 4 steps forward clap your hands(count 1,2,3,4) and back 4 steps with shaking arms
- k) 4 steps forward lift your both arms up (cross right and left side) and clap your hands (count 1,2,3,4) and 4 steps to the back with the same move with arms and again 4 steps forward and clap four times and back 4 steps to the back
- l) Repeat *subsection h), i)* than 4 steps forward with lifting arms up (cross right and left side) back 4 step repeat to the front and back finished with 4 steps to the front

Repeat all 2 times

- 6. Choreography (music e. g. “**Marcelo Cezan - Soy Para Ti**”)
 - a) Step Touch with clapping hands (8x) (QR: [point I.1](#))
 - b) **Use Machete step (4x) (start with right side)** (QR: [point I.11d](#))
 - c) **Use Machete step (4x) (left side)**
 - d) **Reggaeton pump with two step - double step to the right side, than single move to the left, single to the right, double step to the left, single to the right and single to the left (2x)** (QR: [point I.14b](#))
 - e) Sleepy leg - 4 step to the right and 4 step to the left. On the left side cross your left arm on the right shoulder and cross right arm on the left shoulder (to the rhythm) than put right arm up than left arm, right arm to the side and left arm to the side, put them down repeat moves (2x) (QR: [point I.11c](#))
 - f) Steps forward, move: diagonally to the right side, 4steps with right foot, switch to the other side and do 4 steps forward as well. Than go back the same way.
 - g) Repeat *subsections b), c), d), e), f)*
 - h) Knee up single (count to 8) 2x and double(count to 8) 2x
 - i) Repeat *subsection f)* add move with arms from *subsection e)* and in the end cross right arm with left and swing
- 7. Choreography (music e.g. “**Marc Anthony-valio la pena**”)
 - a) March in spot work with hips (continue until the lyrics begins)
 - b) Salsa the basic step - effortlessly (count to 8) (all 3x) (QR: [point I.10a](#))

- c) **Add combination move: step forward (start from right foot) than step to the back with left foot – step-center-step**
 - d) Repeat *subsection b)* in high tempo than *subsection c)*
 - e) **Salsa two step all direction off the world and work with arms**
 - f) Step out left leg slowly with lifting left arm to the side shake your arms change side to the right (to the rhythm) (all 2x)
 - g) Repeat back salsa, basic salsa to the end of the song
8. Choreography (music e.g. *“Earth Wind And Fire, September”*)
- a) March in spot continue until the stave begins
 - b) **Sleepy leg 4 to the right and to the left (count to 8) (all 4x) (QR: point I.11 c)**
 - c) **Steps backside - 4 steps backside to the right and clapp your hand, 4 steps to the left side clap your hand (count to 8 repeat) (4x)**
 - d) **Reggaeton pump but try to move: double pull to the right and double pull to the left (count to 8) repeat (2x) (QR: point I.14 b) add step touch (8x) shift your weight to the supporting leg and cross second leg behind and continue to the other side the same, add arms up and down to the rhythm as you like (QR: point I.1)**
 - e) Stance, with feet slightly apart, spin your wrists on right and left side and repeat (count fast to 8 to the rhythm) (4x)
 - f) Repeat *subsection b)*, *subsection c)*, *subsection d)* count to 8 and (4x)
 - g) Repeat *subsection b)*, *subsection d)* count to 8 and (4x),
 - h) Repeat *subsection e)* and continue to the end of the song
Repeat all 2 times
9. Choreography (music e.g. *„Tangled Up from Caro Emerald”*)
- a) In spot, step side to side (touch your toe), arms in right position which used in tango (count to 8 to the rhythm) (QR: point I.16)
 - b) **Double step to the right (count 1,2), shift your weight on the supporting leg (right) on 3 and 4 put your left foot double time on your toe than double step to the left and repeat the same move with your right leg (4x) (arms in right position which used in tango (QR: point I.16)**
 - c) Tango step - high tempo (count faster to 8) and quick soles of your feet (x2)
 - d) Cha-cha step to the back, start with right foot, put it to the back-cha-cha-cha and put left to the back continue (8x) (you can move: side to side) (QR: point I.8 b)
 - e) Step to the front (4) and back (4) (move: forward and cross your legs)
 - f) Repeat *subsection b),c),d, e)*
 - g) **Beto Shuffle slowly single to the rythm (4x) (QR: point I.9b)**
 - h) **Beto Shuffle – move: double two to the right and two to the left (count 1-2,3-4) (8x)**
 - i) Repeat *subsection d)* and *subsection e)* repeat (2x)
10. Choreography (music e.g. *“As Meninas - Xibom bombom”*)
- a) March with bounce continue to the moment when the refrain begins
 - b) Us Samba step side to the side (8x) repeat (all 2x) (QR: point I.15)

- c) Double step to the right, shift your weight on the supporting leg (right) on 3,4 put your left foot double time on your toe, (you can lift your arms up the same time) double step to the left and repeat the same move with your right leg (to the right side count 1, 2 -3 and 4 and to the left 5, 6 -7 and 8 (4x)
 - d) Diagonally double step forward (start with right foot) swing your arms than double step with left leg, back with the same moves, continue to the refrain (or use move: Beto Shuffle in QR: point I.9b)
 - e) Repeat subsection b), c) and subsection b)
 - f) Salsa basic step - effortlessly (count to 2) than the same step but do the squat while stepping right foot to the side and then left foot to the side and squat (count 2) repeat (all 3x) end moves in spot shake your arms (QR: point I.10a)
 - g) **Slow destroza step (QR: point I.14 c), count 4 on right foot than 4 on left, you can move side to side, add arms lifting them up while moving (all 2x) than hit with hands double time to your thighs and double clapping with hand (4x) end moves in spot, shake your arms**
11. Choreography (music e.g. **“As Meninas - Xibom bombom”**)
- a) March with bounce continue to the moment when the refrain begins
 - b) Us Samba step side to the side (8x) repeat (all 2x) (QR: point I.15)
 - c) Double step to the right, shift your weight on the supporting leg (right) on 3,4 put your left foot double time on your toe, (you can lift your arms up the same time) double step to the left and repeat the same move with your right leg (to the right side count 1, 2 -3 and 4 and to the left 5, 6 -7 and 8 (4x)
 - d) Diagonally double step forward (start with right foot) swing your arms than double step with left leg, back with the same moves, continue to the refrain (or use move: Beto Shuffle in QR: point I.9b)
 - e) Repeat subsection b), c) and subsection b)
 - f) Salsa basic step - effortlessly (count to 2) than the same step but do the squat while stepping right foot to the side and then left foot to the side and squat (count 2) repeat (all 3x) end moves in spot shake your arms (QR: point I.10a)
 - g) **Salsa basic step all direction off the world (count to 8) than the same step but do the move: squat while stepping right foot to the side and then left foot to the side and squat (count 4)**

