

# Zumba Gold (Latin Dance Fitness) and A Brief History of Latin Dance

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Week 2, Sept. 9 Wednesday 1:30-3pm

\*Review



- Clave-signature instrument for Salsa

\*Merengue Basic Steps

- 1) Equal and heavy beats, fast paced. Upper body majestic, turn steps are slow, steps are small.
- Story originated from chained slaves moving with small steps to the beats of drums while cutting sugarcane.

2) Four basic steps:

- March w/arm out and up. Bend one knee, weights on the other leg.
- Step out/in (one step side), 4 beats
- Two steps side
- V steps

<https://www.youtube.com/watch?v=YtVgIeiX2zM> (4', Get the moves! Merengue: Easy Step Breakdown) *Four basic steps.*

<https://www.youtube.com/watch?v=CDAcrvnWrUo> (5', Zumba MERENGUE basic steps) *Authentic feel of the dance.*

3) Questions?

4) Use 'Caliente' for basic 4 steps, 'Tigre' for Zumba routines

### \*Zumba Gold Fitness Routines

1) La Vida /Tigre /Bailando /Waka / Stretch

2) Questions?

\*Break

\*Lecture: A Brief History of Merengue Dance

### 1) A Brief History

- Birthday place in Dominican Republic and Haiti
- Originated from Central African particularly Congo around the middle of the 19th century
- Took its name from the confection made of sugar and egg whites because of the light and frothy character of the dance or because of its short, precise rhythms
- Promoted by Rafael Trujillo, the dictator from 1930 to 1961, who turned it into national music and dance style of the Dominican Republic
- Spread to NYC in the 60s, 70s by immigrants, by the 80s it was more popular than Salsa
- Musicians like Juan Luis Guerra internationalizing the music
- More details:

[https://en.wikipedia.org/wiki/Merengue\\_music](https://en.wikipedia.org/wiki/Merengue_music)

### 2) Rhythm: persistent marching

- has a time signature of 2/4
- fast and even beats

- short, simple, and cyclic patterns
- The güira is brushed steadily on the downbeat with a "and-a" thrown in at certain points, or played in more complex patterns that generally mark the time.

### 3) Instruments

Tambora, Güira, Accordion, Piano, Brass



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### 4) Great salsa singers

- Juan Luis Guerra:

<https://www.youtube.com/watch?v=qB54Hlyb7v4> (3', Juan Luis Guerra 4.40 - Lámpara Pa' Mis Pies) *Examples of the instruments and the dance styles.*

- Los Hermanos Rosario:  
[https://www.youtube.com/watch?v=W7G\\_yhHIGkM](https://www.youtube.com/watch?v=W7G_yhHIGkM) (5', Zumba dance, Moviendo la cadera - Oro Solido - Dikla Damty)
- Elvis Crespo:  
<https://www.youtube.com/watch?v=cPDCEGfm3LA> (5, Zumba, Elvis Crespo – Suavemente / Choreography by Perekin Anton)

#### 5) Styles:

- Merengue típico (traditional)
- Merengue de orquesta
- Merengue de guitarra

#### 6) Feature Films

<https://www.imdb.com/search/keyword/?keywords=merengue> (Dirty Dancing, etc....)

\*Discussion/Questions

**END**

**HAVE A WONDERFUL WEEK!**