

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

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**Week 8, Oct. 21, Wednesday 1:30-3pm Zumba Gold**

## **\*Review**

Bollywood Dance Basic Steps

Brief History: Bombay, Indian traditional dance and mix

## **\*Shakira Dance Basic Steps**

1) Basic Steps (Ojos Asi)

- Hips Circle
- Body Roll
- Squat with Arm Movements
- Hip Shimmy
- Hip Throws

<https://www.youtube.com/watch?v=4bARUvwHn5c> (2'  
TOP 7 basic elements to improve plasticity and body  
isolation by Anna LEV)

- Body Roll
- Chest Rotation
- Hips Circle
- Reverse Body Roll
- Head Circle
- Shoulders Rotation
- Shimmy

2) Questions

3) Use 'Ojos Asi' for basic steps

### \*Zumba Gold Fitness Routines

1) Vida /Tiger /Chica Practica /Chiquilla /Ojos

2) Questions?

### \*Break

### \*Lecture: A Brief History of Shakira Music and Dance

## 1) A brief Bio

- Born 1977, she is a Colombian singer, songwriter, record producer, dancer, actress, and philanthropist.
- Referred to as the Queen of Latin Music, a leading crossover artist
- Father, Lebanon, mother Catalan/Spanish and Italian ancestry The name Shakira is Arabic for "grateful"
- wrote her first poem at age 4, studied Arabic music and typically accompanied belly dancing.
- Debut album, *Magia*, under Sony Music Colombia at the age of 13.
- Rose to prominence in Hispanic countries with her next albums, 'Pies Descalzos' (1995) and 'Dónde Están los Ladrones' (1998), 'Ojos Así'
- Entered the English-language market with her fifth album, *Laundry Service* (2001)
- Number-one singles "Whenever, Wherever" and "Underneath Your Clothes", "La Tortura", "Hips Don't Lie", "Beautiful Liar", "Waka Waka (This Time for Africa)", "La La La (Brazil 2014)", "Loca", and "Chantaje"
- Numerous awards: three Grammy Awards, twelve Latin Grammy Awards, four MTV Video Music Awards, seven Billboard Music Awards, thirty-nine Billboard Latin Music Awards, six Guinness World Records and a star on the Hollywood Walk of Fame.

## 2) Artistry

- "My music, I think, is a fusion of many different elements. And I'm always experimenting. So I try not to limit myself, or put myself in a category, or... be the architect of my own jail."
- Inspired by oriental music and Indian music, her Arabian heritage, and influenced by Andean music and South American folk music
- Mix of folk music and Latin rock, in earlier albums "Objection (Tango)", which also combines elements of rock and roll.
- Dance: combine Latin dancing with Middle Eastern belly dancing
- Singing: "unique and mesmerizing" singing voice which includes her "trademark" yodeling

## 3) Legacy

- Unprecedented crossover in language, music and dance styles, has inspired other Latin American artists
- Popularizing the genre (reggaeton) in North America, Europe, and Asia.
- Impacted Popular Culture in the Arab World due to her popularity in the region.

- As an example of a celebrity "in today's globalized world" who "made it big by sharing the uniqueness of their talent and culture with the global community."
- Even received the admiration of intellectuals and writers such as Nobel Prize winner Gabriel García Márquez who has said "No one of any age can sing or dance with the innocent sensuality Shakira seems to have invented".

<https://www.youtube.com/watch?v=G0DYW8cshxo> (5', Shakira - Ojos Así (from Live & Off the Record))

<https://www.youtube.com/watch?v=DUT5rEU6pqM> (3', Shakira - Hips Don't Lie ft. Wyclef Jean)

<https://www.youtube.com/watch?v=pRpeEdMmmQ0> (3', Shakira - Waka Waka (This Time for Africa) (The Official 2010 FIFA World Cup™ Song)

<https://www.youtube.com/watch?v=-befR4wHsjQ> (3', Shakira - La La La (Brazil 2014) (Video Oficial) ft. Carlinhos Brown)

<https://www.youtube.com/watch?v=CZLwHYQsOpM> (20', 30"-6:40" J.Lo & Shakira | 4K - Super Bowl LIV Halftime (FULL HD AUDIO SHOW/ BEHIND THE SCENES/REHEARSALS )

<https://www.youtube.com/watch?v=tFHvrFmDQaA> (9', Shakira Music Video Evolution: 'Magia' to 'Nada' | Billboard)

### \*Discussion/Questions

Suggestions for improving future Zumba Gold:

- What do you like to see more/less of it?
- How do you like the class format? Which part do you like better, 1st or 2nd?
- How do you rate the difficulty of the movements, 0-5?

**END**

**HAVE A SUCCESSFUL WEEK AND KEEP IN TOUCH!**