

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

- Lei Shanbhag: [leishanbhag1@gmail.com](mailto:leishanbhag1@gmail.com)

## 1) Class Structure (Total - 90mins):

- **45min:** Fitness movements - Basic steps ; questions; and Zumba Gold Routines.
- **5min:** Break
- **30min:** Lecture - History of Zumba, and various styles of Latin dance.
- **10min:** Questions/discussion

2) Prerequisite: None.

3) Clothing: Breathable fabric which is easy for movement.

4) Shoes: With good support and smooth sole to enable turning movements

5) Class notes: Will be posted after each class. It is not necessary to take notes.

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

- \*Self-introduction: How familiar are you with Zumba and Latin dance in general?
- \*Outline of the course, 8 weeks.
- \*Attitude: Relaxed and with joy.
- \*Zumba Gold Basic Steps (Salsa, Merengue, Cumbia, Raggeaton)
- \*Zumba Gold Fitness routines
- \*Break
- \*Lecture: History of Zumba
- \*Questions and discussion.

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

- \*Salsa Basic Steps
- \*Zumba Gold Fitness Routines
- \*Break
- \*Lecture: A Brief History of Salsa Dance
- \*Discussion/Questions

**Week 3, Sept. 16, Wednesday 1:30-3pm**

- \*Merengue Basic Steps
- \*Zumba Gold Fitness routines
- \*Break
- \*Lecture: A Brief History of Merengue dance
- \*Discussion/Questions

**Week 4, Sept. 23, Wednesday 1:30-3pm**

- \*Reggaeton Basic Steps
- \*Zumba Gold Fitness routines
- \*Break
- \*Lecture: A Brief History of Reggaeton dance
- \*Discussion/Questions

**Week 5, Sept. 30, Wednesday 1:30-3pm**

- \*Cumbia Basic Steps
- \*Zumba Gold Fitness routines
- \*Break

- \*Lecture: A Brief History of Cumbia dance
- \*Discussion/Questions

**Week 6, Oct. 7, Wednesday 1:30-3pm**

- \*Hip Hop Basic Steps
- \*Zumba Gold Fitness routines: I did it(zumba)/
- \*Break
- \*Lecture: A Brief History of Hip Hop dance
- \*Discussion/Questions

**Week 7, Oct. 14, Wednesday 1:30-3pm**

- \*Bollywood/Arabic Basic Steps
- \*Zumba Gold Fitness routines
- \*Break
- \*Lecture: A Brief History of Bollywood dance
- \*Discussion/Questions

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

- \*Tango Basic Steps
- \*Zumba Gold Fitness routines
- \*Break
- \*Lecture: A Brief History of Tango dance
- \*Discussion/Questions
- \*Summary and Future Prospects