

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

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

***Self-introduction** How familiar are you with Zumba and Latin dance in general? What is the most favorite Latin dance you have seen or done?

***Outline of the course** 8 weeks

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) Weekly focus:

- Week 1, Zumba
- Week 2, Salsa
- Week 3, Merengue
- Week 4, Reggaeton/ Hip Hop

- Week 5, Cumbia
- Week 6, Tango
- Week 7, Bollywood Dance
- Week 8, Great Artist

3) Prerequisite: None.

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

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

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

7) Attitude Relaxed and with joy.

***Questions?**

***Zumba Gold Basic Steps** (Salsa, Merengue, Cumbia, Raggeaton)

<https://www.youtube.com/watch?v=irptqdkJ1IU> (7', Zumba Basic Steps Breakdown and Tips for Beginners)

***Zumba Gold Fitness Routines**

*Break

*Lecture: History of Zumba and Latin Dance

1) What is Zumba?

- Latin Dance Fitness.
- Three founders, Albertos, Colombian immigrants
- 1998
- 180 countries
- \$30millions net income, targeting people who want to be instructors (courses, monthly fee, and continuing training)
100,000
- Expanding to music collections, clothes, convention, cruise, etc.
- 4 rhythms and 4 steps each/Cardio, interval training, 1hr, 600kcal,
- Class types: Zumba, Gold, Step, Toning, Aqua, Kids, Circuit, Sentao, Bini, Plates, Strong, etc...
- Why so popular: music and the party feel

<https://www.youtube.com/watch?v=mElPU4Gu51Y> (48',
Founders of Zumba Fitness: Building A Global Fitness Empire |
iConic Conference 2017 | CNBC)

https://www.youtube.com/watch?v=_HXQg5UmQdc (3', Zumba Workout: Interesting Facts About Zumba Dance Fitness Exercise)

<https://www.youtube.com/watch?v=HyHCjpddbzs> (5', Beto Perez-Marioneta(ZUMBA))

2) Latin Dance

- A general label, it originated in Latin America (20 countries). 15th Century first documented.

Indigenous Peoples: Story telling of hunting, agriculture, or astronomy, highly structured rituals, with large groups.

European: Catholic saints and stories, Male and female couple.

African: Polycentric rhythms and polycentric movement. Bent knees and downward focus. Improvisation. Whole-foot steps. Body isolations.

- Development: Integration from other dances, music is the engine. Much of the storytelling element disappeared from the genre as the focus moved toward the rhythm and the steps.

- Categories: Folk Dance + Social Dance + Formal Ballroom Dance
- Many styles: Salsa, Merengue, Reggaeton, Cumbia, Cha Cha Cha, Bachata, Tango, Samba, Calypso, Capoeira, and many more...

https://en.wikipedia.org/wiki/Latin_dance

<https://www.latinballet.com/dance-history-1> (5', Latin Ballet of Virginia)

*Questions and discussion.

END

HAVE A GREAT WEEK!