

# **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

\*Salsa Basic Steps

1) Arms, Shoulders, and Footwork

<https://www.youtube.com/watch?v=hfb2dOg7uoM> (3' / BASIC salsa arms & hands in details by Anna LEV)

[https://www.youtube.com/watch?v=S2dD\\_zHNT6k](https://www.youtube.com/watch?v=S2dD_zHNT6k) (2' Shoulders - 6 exercises to develop your body skills. Anna LEV)

<https://www.youtube.com/watch?v=jPwGClXRGxQ> (9' Salsa Footwork Tutorial : 6 Basic Salsa Steps (2018))

2) Questions?

3) Use 'Mas Que Tu Amigo' and 'La Vida Es Carnival' for practice

## \*Zumba Gold Fitness Routines

### 1) Zumba basic formats:

- Time signature of 4/4
- Mirror image, sometimes same direction
- Always goes one side then the other side
- My hand implies direction, sign language
- Repeat 3-4 basic movements in one song, plus 1-2 highlights.
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### 2) Routines: Bailando, Waka

### 3) Questions?

## \*Break

## \*Lecture: A Brief History of Salsa Dance

### 1) A Brief History

West Africa - Cuba 1900s - Latin Countries (Rumba...Clave... Son... Cha cha cha... and Mambo) - NYC 1960s (Jazz, Puerto Ricans)

[https://en.m.wikipedia.org/wiki/Salsa\\_\(dance\)](https://en.m.wikipedia.org/wiki/Salsa_(dance))

<https://www.youtube.com/watch?v=W2WZ0lYsna8> (21',  
History Of Salsa (Africa to NYC))

## 2) Rhythm: pulsating with driving sensation

- has a time signature of 4/4
- uses clave rhythms (usually played by claves) which provide the rhythmic foundation
- has melodic and rhythmic syncopation
- uses simple harmony based on repeated chord patterns, often in the minor key
- uses call and response vocals. The leader sings a line (the call) and is answered by a chorus (the response)
- usually has a structure of simple melodies followed by coro (improvised sections)
- uses lyrics of love and everyday life

## 3) Instruments

- Latin Percussion: Conga drums, Cowbells, Timbales, Claves
- Piano

- Horns: trumpets, saxophones and trombones
- Guitar

4) Great salsa singers include Celia Cruz, Oscar D'Leon, Ruben Blades, Gloria Estefan, and Marc Anthony.

<https://www.youtube.com/watch?v=gi3shupzL34> (10', Celia Cruz" A short Biography Produced by James Ayala and John Riveaux)

<https://www.youtube.com/watch?v=YXnfy5YlDwk> (5', Marc Anthony - Vivir Mi Vida (Official Video)

5) Styles:

- Colombian Style Salsa (Cumbia) ...
- Cuban Style Salsa
- Miami Style Salsa (Clásico Cubano, Casino)
- Casino Rueda Style Salsa (Rueda de Casino, Salsa Rueda)
- L.A. Style Salsa
- New York Style Salsa (Mambo Salsa, Eddie Torres Style)
- Puerto Rican Style Salsa
- Salsa Shines

6) Feature Films Involving Salsa Dance

<https://www.salsavida.com/community/salsa-dancing-movies/>  
(TOP 12 SALSA DANCING MOVIES)

\*Discussion/Questions

END

HAVE A JOYFUL WEEK!