

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

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

## **\*Review**

Merengue Basic Steps

Brief History: Dominican Republic, Rhythm (persistent marching)

## **\*Reggaeton Basic Steps**

1) Basic Steps

Figure 8

Destroy

Body Roll

Travel 8 steps

<https://www.youtube.com/watch?v=q7GPVEDzVMw>

(3' / 0.30'' - 3.00'' How to do Latin Hip Action. Figure 8 exercises.)

- Spine straight, shoulder low, long neck, arms to the side;
- Feet apart, transfer weight to one side, then side to side;
- Rotate hip back, then diagonal forward weight transferred;
- Rotate hip back, then diagonal forward weight transferred;
- Heels down, go figure 8.

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

- 1' Salsa:
  - side to side
  - back step
  - side two steps;
- 3:10' Cumbia:
  - step forward/backward
  - Step forward and step backward
  - candle steps.
- 4:44' Reggaeton/HipHop:
  - two bounces side to side;
  - destroy, use arms to pump;
  - hips tilt forward and back, pumping the arms;
  - stomping step forward

2) Questions?

3) Use 'Chica Practica' for basic steps and Zumba routines (begins and ends with figure 8, use figure 8 instead of turn)

## \*Zumba Gold Fitness Routines

1) La Vida /Tigre /Chica Practica /Anna

2) Questions?

## \*Break

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

1) A Brief History

<https://en.wikipedia.org/wiki/Reggaeton>

Jamaica: first Columbus/Spain ruled, then England, 1960 independence, English speaking, most African ancestry, Usain Bolt, Harry Belafonte.

Reggae: popular music of *Jamaican* origin that combines native styles with elements of *rock* and *soul* music and is performed at *moderate tempos* with the *accent on the offbeat*.

Reggaeton (The word *reggaeton* (formed from the word *reggae* plus the **augmentative** suffix *-tón*)Jamaicans who moved to Panama to help build the Panama Canal. Reggae eventually spread throughout the Caribbean. In Puerto Rico, it was

combined with North American hip-hop and dubbed reggaeton in the late 90s.

<https://www.youtube.com/watch?v=vMhAX3AjnEI> (10', The Beat That Changed Pop Music | AJ+)

- Diasporic music roots
- Dembow Rhythm
- 80s, 90s Jamaica DanceHall, Reggae, through DJs mixing Polyrythm
- NYC mingling with artists from Jamaica, Panama, Puerto Rico
- Music blending SouthBronx-Reggae + Hiphop + DanceHall + Rapping, etc.

## 2) Instruments



DJ at electronic keyboard

### 3) Great Reggaeton Singers

Daddy Yankee, Don Omar, Puerto Rico origin



<https://www.youtube.com/watch?v=zUBNPRZO6Yw> (3', ZUMBA dancing to "FIREHOUSE" w/Daddy Yankee)

<https://www.youtube.com/watch?v=8HpG019cLos> (4', Don Omar - Zumba Campaign Video)

#### 4) Rhythm:

- Time signature 4/4
- Accent on the offbeat
- Dembow rhythm

[Dembow Perreo, Classic Dembow, and Rich Dembow Beat s.ogg](#) (Ogg Vorbis sound file, length 30 s, 335 kbps)

## 5) Feature Films

- Reggaeton The Movie

<https://www.imdb.com/title/tt3147164/>

- Most Popular Reggaeton Movies and TV Shows

<https://www.imdb.com/search/keyword/?keywords=reggaeton>

\*Discussion/Questions

END

HAVE A PEACEFUL WEEK!