

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

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

*Review

Reggaeton Basic Steps

Brief History: Jamaica Reggae - Puerto Rico - NYC; Dembow

*Cumbia Basic Steps



1. Basic Steps

<https://www.youtube.com/watch?v=m3Wj9J1aIWI&t=78s> (2', Zumba Fitness - Basic Cumbia Steps for beginners) Beto's

- Step forward/backward without moving supporting foot
- Step forward/backward with moving supporting foot
- Candle Steps
- Machete Steps

<https://www.youtube.com/watch?v=AhahGQX1U8o> (1', ZumbAlee ZUMBA basic step CUMBIA)

<https://www.youtube.com/watch?v=-15yTrmo4eU> (1', What is Cumbia? Colombia's National Dance Explained.)

2. Questions?

3. Use 'Chiquilla' for basic steps

*Zumba Gold Fitness Routines

1) La Vida /Tigre /Chica Practica /Chiquilla /Anna

2) Questions?

*Break

*Lecture: A Brief History of Merengue Dance

1) A Brief History:

- Folkloric music and dance from Colombia
- Origin 1700s from Africa
- Popular in South America (except Brazil), Central America and Mexico
- Mix of European, African and indigenous cultures
- Name from cumbé (means dance from black people)

<https://www.youtube.com/watch?v=oRL44KZXuvE> (9', -9:00 Introduction to Colombian Music) varieties

2) Instruments

- Tambora drum (African)
- Gaita flute (Indigenous)
- Maraca (Indigenous)
- Horns, brass, and accordion (European)



3) Great Cumbia Singers

- Totó la Momposina
- Selena
- Kumbia Kings
- Bomba Estereo

4) Rhythm and Dance

<https://www.youtube.com/watch?v=55mpzrRHmFA> (7',
Why Shakira loves this African beat) Kumbia history,
rhythm structure, instruments

<https://www.youtube.com/watch?v=57Z7uoXzJ8w> (4',
Cumbia, Colombia- América Baila)

5) Feature Films

I'm No Longer Here

<https://www.imdb.com/title/tt4323594/>

Selena

<https://www.youtube.com/watch?v=EVMSuZXEz4s>

(2', Selena (1997) Official Trailer - Jennifer Lopez, Edward
James Olmos Movie HD)

*Discussion/Questions

END

HAVE A RESTFUL WEEK!