

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

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

**\*Review**

Tango Basic Steps

Brief History: Argentina, Bandoneons, Romantic couple dance

**\*Bollywood dance Basic Steps**

1) Basic Steps

- Hip Slow Shimmy
- Side Step
- Neck Slide, Pigeon Head
- Shoulder Lift

2) Questions

3) Use 'Ringa Ringa' for basic steps

## \*Zumba Gold Fitness Routines

- 1) Tiger /Chica Practica /Chiquilla /Cumparsita /Ringa
- 2) Questions?

## \*Break

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

### 1) A Brief History

- The word Bollywood combines Bombay and Hollywood.
- Largest film industry in terms of the number of films produced, as well as the number of tickets sold each year.
- Their own signature style of song and dance, which combines the rich texture of India's many classical and folk dances, fused with elements of Jazz, Hip Hop, Arabic and Latin dance.
- The highlight of any Bollywood movie is the elaborate dance sequences and original soundtracks.
- In earlier (since 1890s) Bollywood films, dance was based on Indian classical dances such as Bharatnatyam and Kathak or folk dances such as Bhangra.

- Late 50s & 60s, there were more group dances
- In the 70s the cabaret style, later on, cabaret was replaced by disco, then free movement style.
- Since the 1980s, Bollywood dancing has been heavily influenced by Western dance styles.
- The evolution of Bollywood dance is a process that is entirely Indian yet cross-cultural at the same time.

<https://belladivadance.com/the-evolution-of-bollywood-dance/>

- [https://www.youtube.com/watch?v=S\\_QcFhxh-a8](https://www.youtube.com/watch?v=S_QcFhxh-a8) (3', Jaadu Dale Hai Kiski Ada - Rani, Dev Anand - Bollywood Dance Song - Maya)
- <https://www.youtube.com/watch?v=QqouGx8l3vc> (4', अपलम चपलम Aplam Chaplam - HD वीडियो सॉंग - लता मंगेशकर, उषा मंगेशकर)
- <https://www.youtube.com/watch?v=asw-wTDzGUQ> (4', A.R. Rahman - Barso Re Best Video|Guru|Aishwarya Rai|Shreya Ghoshal|Uday Mazumdar)
- <https://www.youtube.com/watch?v=G2r0mVq6YD0> (3', Dhoom Again - Full Song (with Opening Credits) - Telugu Version - Dhoom:)

- <https://www.youtube.com/watch?v=ZTmF2v59CtI> (4', "Sheila Ki Jawani" Full Song | Tees Maar Khan | Katrina Kaif | Vishal Dadlani, Sunidhi Chauhan)

## 2) Instruments

- Tabla
- Veena
- Harmonium
- Flute.
- Violin
- Guitar ( electric )
- Trumpets
- Saxophones



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### 3) Great Bollywood Singers and Dancers

- LATA MANGESHKAR
- KISHORE KUMAR
- MOHAMMAD RAFI
- ASHA BHOSLE

- Hrithik Roshan
- Madhuri Dixit
- Aishwarya Rai Bachchan

#### 4) Feature Films:

Almost every Bollywood film has dance sequences.

*\*Discussion/Questions*

**END**

**HAVE A GREAT WEEK!**

