



# SESSION HANDOUT

**African workout:**

**“Enter the Jungle”**

**Ricardo Marmitte**

Zumba Education Specialist, Canada

## SESSION HANDOUT

### Presenter

Ricardo Marmitte

### Schedule

10 min: Intro  
10 min: Preview (1-2 songs)  
10 min: History  
20-30 min: Breakdown of steps  
45 min-60 min: Class  
10 min: Wrap up/ Q&A  
(Total: 2 hours)

### Session Objective

This session will help ZIN Members to:

- Learn the basic movements and history of different African rhythms
- Be able to incorporate those rhythms and moves into their Zumba® Fitness classes.

### History & Background

Rhythm: **Azonto**

Country: **Ghana**

**Azonto** is a dance originating from **Ghana**. The African dance form incorporates complex coordinates body movement and non-verbal communication in a rhythmic fashion in very few one-two timed steps. Just like most African dances, knee bending and hip movements are rudiments to dancing it. The dance has effectively evolved from a few rudimentary moves to embrace depictions of ironing, washing, driving, boxing, grooming, praying, swimming, and others

Rhythm: **Soukous**

Country: **French Congo**

**Soukous** is a genre of dance music<sup>[1]</sup> that originated from Cuban Rumba music in the Belgian Congo and French Congo during the 1940s and gained popularity throughout Africa. Soukous is known as **Congo** in West Africa and **Lingala** in Kenya, Uganda and Tanzania after the Lingala language of the lyrics. In Zambia and Zimbabwe, where Congolese music is also influential, it is still usually referred to as Rumba. It mixes the kwasa kwasa with the fast tempo zouk style and

Congolese rumba. It is also an individual dance.

Rhythm: **West African**

African dance has traditionally played an essential role in the culture of the tribes. Much more than entertainment, dances communicate emotions, celebrate rites of passage, and help strengthen the bonds between members of the tribe as a whole.

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Application of the Zumba® Formula

Most of the songs that we are going to use in this session were choreographed by using a Zumba® Formula to make it easier for you to learn it and take it to your classes.

### Basic Steps & Variations

Step	Arm variations	Fitness Variation
Knee Lift with Grapevine	Both arms down when the knee goes up	Bring your Chest to knee and engage your core
Side Lunges	Up and Out	Add jump
Hunter move (Rock fwd/back)	"Hold a spear in your hand"	add hop when you rock fwd
2 step	Shoulders/Hips with Chest pump	add knee lifts

### Choreo Notes

Song Name		
Song Part	Choreo notes	Notes
A	Tap fwd with R/L (bringing hips fwd) <b>8x</b>	
B	Jumping side lunges R/L <b>16x</b>	
C	R knee lift 4x, Grapevine to R L knee lift 4x, Grapevine to L <b>Repeat 2x</b>	
A*	Tap fwd with R/L (bringing hips fwd) <b>8x</b> Step Tap s/s/d (hands up) <b>8x</b> Beto shuffle <b>6x</b> Hip circles (2 slow, 4 fast)	
B	Jumping side lunges R/L <b>8x</b>	
C	R knee lift 4x, Grapevine to R L knee lift 4x, Grapevine to L <b>Repeat 2x</b>	
A*	Tap fwd with R/L (bringing hips fwd) <b>8x</b> Step Tap s/s/d (hands up) <b>4x</b>	
B	Jumping side lunges R/L <b>8x</b>	
C	R knee lift 4x, Grapevine to R L knee lift 4x, Grapevine to L <b>Repeat 2x</b>	
A*	Tap fwd with R/L (bringing hips fwd) <b>4x</b> Hip circles (4 slow), Hip thrusts <b>4x</b> Step Tap s/s/d (hands up) <b>4x</b>	
B	Jumping side lunges R/L <b>8x</b>	
C	R knee lift 4x, Grapevine to R L knee lift 4x, Grapevine to L <b>Repeat 2x</b>	
A	Tap fwd with R/L (bringing hips fwd) <b>4x</b>	
C	R knee lift 4x, Grapevine to R L knee lift 4x, Grapevine to L <b>Repeat 2x</b>	

Song Name	Zumbalo by BIP	
Song Part	Choreo notes	Notes
A (0:07)	2-Step R/L with chest pop (African arms:Hips/Shoulders)	
B (0:14)	Side step R/L <b>2x</b> , V-step, Hip Circles Repeat <b>2x</b>	
C (0:28)	Kick fwd R/L , Shake hips Repeat <b>4x</b>	
A (0:42)	2-Step R/L with chest pop <b>2x</b> (African arms:Hips/Shoulders) Add high knees <b>2x</b>	
D (0:55)	<b>Facing L diagonal:</b> Lunge back with R (circle R arm 360degrees clockwise) <b>2x</b> Knee lifts <b>4x</b> (circling R arm) <b>Repeat on the Other Side</b> Repeat from the top <b>2x</b>	
E (1:10)	Hunter move: Rock with R leg fwd/back <b>3x</b> Turn to the L Hunter move: Rock with L leg fwd/back <b>3x</b> Turn to the R	
A (1:24)	Repeat	
B (1:38)	Repeat	
C (1:52)	Repeat	
A (2:06)	Repeat	
D (2:21)	Repeat	
E (2:34)	Repeat	
A (2:49)	Repeat	
B (3:02)	Repeat	
C (3:17)	Repeat	
A (3:31)	Repeat add directional changes (fwd/back)	
Outro (4:00)	2-step with Jump R/L	

Song Name	<u>Guinee by Guem (Add on choreo)</u>	
Song Part	Choreo notes	Notes
Step 1	Salsa side step/ <b>add african arms</b>	
Step 2	Reggaeton 2 step bounce/ <b>add african 360 degree arm rotation and knee lift</b>	
Step 3	Cumbia Sleepy leg with turn/ <b>african arms Shoulers/hips</b>	
Step 4	Merengue V-step/ <b>African arms +hair flip +upper body lean fwd</b>	
Step 5	Salsa rock back R/L, Salsa Tap 4x/ <b>African Lunges with 360 degree arms rotation</b>	
Step 6	Reggaeton stomp/ <b>African Hill tap fwd</b>	
Step 7	Cumbia Machete/ <b>African Hunter move</b>	
Step 8	Merengue 2Step/ <b>African 2 step with chest pump</b>	

### Recommended Music

Name of Song	Genre	Where it can be found
Kukere Remix by Iyanya(feat. D'Banji)	Azonto	I-Tunes
Zumbalo by B.I.P.	Soukous & Afro-Latin fusion	I-Tunes
Guinee by Guem	West African	I-Tunes