



SESSION HANDOUT

Bachata Extreme

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Zumba® Fitness Concert Performer & Presenter

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SESSION HANDOUT

Bachata Extreme; the Sexy Urban Mix Style

Get ready to connect with Bachata's colorful history. Allow the passion and flow of this Dominican music style of dance to move you and experience a world full of tantalizing, joyful and exotic rhythm that will overwhelm your senses.

Presenters

Zumba® Jammer Carlos Henriquez & Mo Diakite

Schedule

10 min: Intro & History
15 min: Preview (3 songs)
30 min: Choreo/movement Breakdown
45 min: Class
10 min: Stretch & Cool down
10 min: Wrap up/ Q&A
(Total: 2 hours)

Session Objective

In this super charged session you will learn the basic steps and basic history of Bachata and other denomination of the rhythm and mixes. We will provide you with customized choreographies that you can take home and apply immediately to your classes and overall have successful classes. Some of our main objectives are the following:

- Create Bachata choreography and put them in to practice.
- Provide you with information, tools, the different styles and rhythm variations.
- Use Bachata rhythm, steps, and variation to increase playlist verity and class flow

History & Background

Bachata is a form of music and dance that originated in the countryside and rural neighborhoods of the Dominican Republic. Derived from the Latin American tradition of guitar music, Bachata emerged in the 1960s and its subject is usually romantic; especially prevalent are tales of heartbreak. The music is in 4/4 timing and is influenced by Rumba and Son, while remaining of distinctive sound.

The Musicality: The original dance style from the Dominican Republic is a basic dance sequence in a full 8 count moving within a square. Bachata music has an accent in rhythm at every fourth count. Often, this is when dancers will tap-step & pop their hips, this is called dancing Bachata to the basic rhythm of the music (because the first step after the pop falls on the 1st beat of the measure). But Bachata can be danced to different timings as well if it's danced to one particular instrument instead. The tap or 'pop' is done in the opposite direction of the last step, while the next step is taken on the same direction as the tap or pop.

How to Dance Bachata: The basics to the dance are three-step with a Latin hip motion, followed by a tap or pop including a hip movement on the 4th beat. Generally, most of the movement is in the lower body up to the hips, and the upper body moves much less. In partnering, the lead dancer can decide whether to perform in open or closed position. Dance moves or steps during performance strongly depend on the music (such as the rhythms played by the different instruments), setting, mood, and interpretation. Unlike Salsa, Bachata does not usually include complex turn patterns but they are used more and more as the dance evolves.

Traditional Bachata: The basic steps of this pattern move side-to-side, changing direction after every tap. Characteristics of this style is the close connection between partners, soft hip movements, tap with a small "pop" of the hip on the 4th step (1, 2, 3, Tap/Hip) and does not include many turns/figures. Traditional Style is the most common way of dancing Bachata and is very simple and with a 4/4 music the steps go 4 steps to the left and 4 steps to the right.

Bachata Romantica (Romantic Bachata) Is the slow and sensual Bachata style with lots of passion, body connection and hip movements.

Bachata Moderna (Modern Bachata) was developed around 2005 from the 'Traditional' Style base. The basics are the same as Traditional Bachata, but with added dance elements and styling from Salsa, Tango, Zouk-lambada, and Ballroom etc. In this style, couples typically move their upper body more, put greater emphasis on the hip pop, and women use more exaggerated hip movements. It is based on the concept of the crosses, where on each count you lead to a cross (*cross on1, cross on2, cross on3, cross over*), but on the 4th count you keep the hip movement of the Traditional Style Bachata.

Bachata Fusion: a new style that incorporates the fundamentals from other styles as well to create a fusion or blend of rhythms. (*Salsa, Merengue, Reggaeton, Bolero, Tango* and more)

SOME MEMORABLE DAYS OF THE BACHATA HISTORY

- In 1992 **Juan Luis Guerra** won a Grammy for his album *Bachata Rosa* allowing Bachata to gain legitimacy and international recognition.
- In 2004 **the Dominican group Aventura** was probably the best-known Bachata group worldwide, with its single "Obsession"

Application of the Zumba® Formula

Make sure to follow the Zumba Formula, every choreo has progression so make sure you are using the different layers and have fun with your new choreo.

Choreo Notes

Your choreo notes are a guide to help you remember the choreography that are about to learn, remember to practice this songs as much as you can any time any where. Your best practice time is in front of your class with all your students, apply the modification, fitness and directional variation as well your different progressions and you will have a class full of happy students.

Playlist for Choreo Breakdown

1. Odio | Romeo Santos feat Drake | Formula Vol. 2 | Bachata | iTunes | 3:45 min
2. Hey | Toby Love | Amor Total | Bachata Mix Pop | iTunes | 3:11 min
3. African Mix | DJ Baddmix | African Bachata Mix | DJ Baddmix | 3:17 min



ODIO | ROMEO SANTOS FEAT DRAKE | BACHATA | ITUNES | 3:45

SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
Intro (0:00)	SEXY HIPS SIDE TO SIDE	X16	
A (0:14)	BACHATA CROSS IN FRONT <ul style="list-style-type: none"> • (L) Cross in front & over ® • Side Kick . . . 4 	X16	
B (0:44)	BACHATA FLAVOR COMBO <ul style="list-style-type: none"> • Bachata Basic • Rock Forward & Back • 1, 2, 3 Kneed Lift (X2) 	X4	
C (1:14)	HIP HOP ABS <ul style="list-style-type: none"> • Wide Stance • 2 Body Squat Circle 	X8	
A (1:29)	BACHATA CROSS IN FRONT <ul style="list-style-type: none"> • (L) Cross in front & over ® • Side Kick . . . 4 	X8	
B (1:41)	BACHATA FLAVOR COMBO <ul style="list-style-type: none"> • Bachata Basic • Rock Forward & Back • 1, 2, 3 Kneed Lift (X2) 	X4	
D (2:14)	SLIDE 1, 2	X8	
A (2:29)	BACHATA CROSS IN FRONT <ul style="list-style-type: none"> • (L) Cross in front & over ® • Side Kick . . . 4 	X8	
C (2:44)	HIP HOP ABS <ul style="list-style-type: none"> • Wide Stance • 2 Body Squat Circle • ADD Knee lift for a fitness variation 	X16	
B (3:14)	BACHATA FLAVOR COMBO <ul style="list-style-type: none"> • Bachata Basic • Rock Forward & Back • 1, 2, 3 Kneed Lift (X2) 	X4	

HEY| TOBY LOVE| BACHATA| AMOR TOTAL | ITUNES| 3:45

SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
Intro (0:00)		X8	
A (0:15)	FUNKY SIDE STEP + BODY ROLL <ul style="list-style-type: none"> • Step Out and reach • Front step Body Roll <i>(Repeat other leg)</i>	X4	
B (0:30)	BACHATA BASIC <ul style="list-style-type: none"> • Bachata Basic 	X8	
C (0:45)	SYNCOPATE ON 2 + BASIC <ul style="list-style-type: none"> • (L) Side Step hold 1, 2 • (R) Quick step front back • (L) Bachata Basic 	X1	
B (1:00)	BACHATA BASIC <ul style="list-style-type: none"> • Bachata Basic 	X8	
A (1:16)	FUNKY SIDE STEP + BODY ROLL <ul style="list-style-type: none"> • Step Out and reach • Front step Body Roll <i>(Repeat again)</i>	X4	
B (1:30)	BACHATA BASIC <ul style="list-style-type: none"> • Bachata Basic 	X8	
C (1:46)	SYNCOPATE ON 2 + BASIC <ul style="list-style-type: none"> • (L) Side Step hold 1, 2 • (R) Quick step front back • (L) Bachata Basic 	X2	
B (2:16)	BACHATA BASIC <ul style="list-style-type: none"> • Bachata Basic 	X2	
C (2:20)	SYNCOPATE ON 2 + BASIC <ul style="list-style-type: none"> • (L) Side Step hold 1, 2 • (R) Quick step front back • (L) Bachata Basic 	X3	



AFRICAN MIX | DJ BADDMIX | BACHATA | DJ BADDMIX | 3:17

SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
Intro			
A (0:20)	V STEP • African Style V Step	X4	
B (0:25)	AFRICAN FLY STEP • (L) (R) Side Step With Arms X4 • Sexy Kuduro X2	X1	
A (0:37)	V STEP • African Style V Step	X4	
B (0:44)	AFRICAN FLY STEP • (L) (R) Side Step With Arms X4 • Sexy Kuduro X2	X4	
C (1:08)	<i>BACHATA BASIC</i>	X8	
D (1:24)	SYNCOPE ON 2 + BACHATA BASIC • Slow - slow + Bachata Basic Repeat again other side	X4	
A (1:40)	V STEP • African Style V Step	X4	
B (1:48)	AFRICAN FLY STEP • (L) (R) Side Step With Arms X4 • Sexy Kuduro X2	X2	
A (2:07)	V STEP • African Style V Step	X4	
B (2:20)	AFRICAN FLY STEP • (L) (R) Side Step With Arms X4 • Sexy Kuduro X2	X4	
C (2:35)	<i>BACHATA BASIC</i>	X8	
D (2:50)	SYNCOPE ON 2 + BACHATA BASIC • Slow - slow + Bachata Basic Repeat again other side	X4	

TOP 15 BACHATA HITS OF THE 2014 (January – June)

This Popular Dominican genre especially the Urban/pop version that has been flourishing all around the world, has already defines a big chunk of the popularity surrounding Latin music this year. There is not a doubt, indeed, about the significant role that Bachata has been playing in the consolidation of tropical music as a mainstream phenomenon today.

1. Lejos by Toby Love
2. Llevame con Tigo by Romeo Santos album King Stay King
3. Creiste by Anthony Santos
4. Te Me Vas by Prince Royce
5. Tu y Yo by Maite Perroni
6. Loco by Enrique Iglecias feat Romeo Santos
7. Te Perdiste Mi Amor by Thalia feat Prince Royce
8. Te Lo Pido a Gritos by Zacarias Ferreira
9. Frio Frio by Juan Luis Gerra feat Romeo Santos
10. Be My Baby by Leslie Grace
11. My Way by Henry Santos
12. Propuesta Indecente by Romeo Santos
13. Infiel by Karlos Rose
14. Darte un Beso by Prince Royce
15. Esta Noche by Joe Veras