



## **SESSION HANDOUT** **BOLLYWOOD OBSESSION**

**SUCHETA PAL**

**Zumba™ Education Specialist, INDIA**

## SESSION HANDOUT

### Presenter

ZES™ SUCHETA PAL assisted by INDIA ZIN™ TEAM

### Schedule

5 min: Intro

45 min: Bollywood Obsession Master Class

10 min: History

20-30 min: Breakdown of steps

20 min: Wrap-up Class & Q/A

(Total: 2 hours)

### Session Objective

We want you to dance your hearts out to authentic Indian Bollywood "masala" music and learn the fiery sexy super hot steps and we have one spicy mix for you to take home. You will be ready to shake that booty in no time "Bollywood style " at the next Indian wedding.

The goal of this session is to make you obsessed with Bollywood and to prepare you to bring this style into your classes. We will provide instruction on some basic steps through the teaching of actual choreography formulated for Zumba® Fitness classes. Through an energy packed Master Class, you will learn how to modify or intensify the moves and how to personalize and add your own flavor to this style

### History & Background

India is a representation of diversity, color, vibrance and art. The Indian society is one renowned for its culture and traditions and preaching family values. Indian clothing is known for its simplicity and elegance. It's people are known for their honesty, hard work and intelligence. Being a secular country

the most important factor about India is the way it has accommodated a huge diversity of people and culture, all within the same boundary.

And BOLLYWOOD represents INDIA in its true form.

### **What is Bollywood?**

The term Bollywood was created by combining two names, Bombay (the city now called Mumbai) and Hollywood. Bollywood based in Mumbai (Bombay), is India's – and the world's - largest film industry in terms of the number of films produced, and also the number of tickets sold each year.

The highlight of Bollywood movies are elaborate dance sequences and original soundtracks. Over the years Bollywood movies have developed their own signature style of song and dance, which combines the rich texture of India's many classical dance styles like the Kathak and Bharatnatyam and folk dances like Bhangra and Garba, fused with elements of Jazz, Hip – Hop, Arabic and Latin Forms making it a true east meets west fusion dance style. The style of Bollywood movies has made an impact even in Hollywood productions. Various internationally successful Hollywood movies, like "Moulin Rouge" and "Slumdog Millionaire" have been inspired by the style and structure or the stories in Indian movies.

## **2014 ZUMBA INSTRUCTOR CONVENTION**

### **Application of the Zumba® Formula**

Lets get back to BASICS!

THE ZUMBA FORMULA  $Z=MC^2$

1. Music
2. Core Steps
3. Choreography

Integrating Bollywood movements into your Zumba fitness class is very simple when using the Zumba Formula.

### *Music*

Music is the key to success in your Zumba Fitness class. Bollywood music has heavy emphasis on drums and powerful rhythms. The anatomy of these songs is usually quite easy to determine with clear chorus and verse segments, and much repetition, thus they lend themselves easily to Zumba based choreography. Because a lot of Bollywood music and dance infuses western flavors, it might be helpful to introduce these rhythms to your class using songs and movements that fall toward the “fusion” end .

As your students get used to the Indian flavor and begin to expand their palate, try something more pure. Also remember, choose music you love!! If you are rocking to it, your class will too!!!

### *Core Steps*

Remember that each of your songs only needs 3-4 core steps. If your class is fairly new to Bollywood, maybe pick only 2-3 core steps, adding more arm, directional, or fitness variations as needed to create your choreography. Remember, you want your class to be successful. New rhythms and moves can be challenging, so keep it simple at first.

### *Choreography*

A lot of variation can be created by different hand gestures and arm movements in Bollywood as well as with directional, rhythmic & fitness variations. Add your own flavor! Remember by adding certain Bollywood accents (hand movements and gestures, chest drops/pops, hips, and lunges etc.) you can turn moves you are familiar with, into Bollywood moves.

## **Basic Steps & Variations**

Here are some of the basic steps (and variations) you will be introduced to during this workshop. This list is subject to additions and changes.

**BOLLYWOOD**  
Bhangra slide

Thumka-Hip dips/rasies  
 Bolly shimmy with Shoulder Kiss  
 Bhangra sweep  
 Bolly Pony Step  
 Bolly shuffle  
 Bolly hop  
 Garba twirl and kick  
 Garba sway  
 Garba dip

### Choreo Notes

Detailed Choreo Notes will be posted in the following locations:

[www.facebook.com/suchetapalZES](http://www.facebook.com/suchetapalZES)

### Recommended Music

Name of Song	Genre	Album/Artist
Jugni Ji	Belly/Bollywood fusion	Kanika kapoor feat.Dr. Zeus
Dhatin Naach	Bollywood	Album: Phata Poster Nikla Hero
Ambarsariya	Bollywood	Album: Fukrey
London Thumakda	Bollywood	Album: Queen
Sunny Sunny	Neuvo Bollywood	Album: Yaariyan
The Power of Bhangra	Bhangra /Hip-Hop Fusion	The Power of Snap
Nagada	Bollywood	Album:Ram Leela
Baby Doll	Neuvo Bollywood	Album:Ragini MMS2
Long Drive	Neuvo Bollywood	Album :Khiladi 786