



SESSION HANDOUT

BURLESQUE

Gina Grant, Melissa Chiz & Betsy Dopico
International Zumba Presenters

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Presenters

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Schedule

- 5 min Introduction
- 15 min Basic Movements of BURLESQUE breakdown
- 45 min Learn Choreography
- 45 min Review with master class
- 10 min Q&A

Session Objective

Learn the basic, fun and sexy movements of BURLESQUE. Instructors may use these movements to incorporate an exciting new style into their current class repertoire.

Explore and unleash your inner most femininity!! Celebrate being a woman and all its glory with movement that will allow you to refine and discover your sexy side. Burlesque will take you to a place that will make you feel beautiful, confident, flirty and uninhibited.

History & Background

Burlesque is a theatrical entertainment of humor that involves parody and grotesque exaggeration. Modern burlesque is generally associated with striptease variety shows while early burlesque is more closely associated with theater performances and poetry. The art of burlesque has undergone some significant changes throughout history. In the late 17th century the term burlesque meant a literary, dramatic or music work intended to cause laughter by caricaturing the manner or spirit of serious works, or by ludicrous treatment of their subjects.

The word derives from the Italian burlesco, which itself derives from the Italian burla – a joke, ridicule or mockery.

A later use of the term, particularly in the United States, refers to performances in a variety show format. These were popular from the 1860s to the 1940s, often in cabarets

and clubs, as well as theatres, and featured bawdy comedy and female striptease. Some Hollywood films attempted to recreate the spirit of these performances from the 1930s to the 1960s, or included burlesque-style scenes within dramatic films, such as 1972's Cabaret and 1979's All That Jazz, among others. There has been a resurgence of interest in this format since the 1990s.

Fast forward to the twentieth century and the term burlesque is used much more loosely. Performers around the world showcase their “burlesque” shows with some kind of twist. They could be anything from a vintage show including a classical striptease, pinup girls doing choreographed routines or a variety of cabaret show using numerous props such as chairs, boas or feather fans. Nowadays burlesque has not been confined to classical music either. Music choices are endless and it’s more about the “feel” of the performance.

2014 ZUMBA INSTRUCTOR CONVENTION

Application of the Zumba® Formula

For the Burlesque routines that you will create for your classes, you will need follow the Zumba® Formula that you learned in your B1 training. The Zumba® formula is the key to a successful class and should always be applied even when incorporating new dance styles such as Burlesque.

Choreo Notes

Song Name	Big Spender	Trap-a-Lot
Song Part	Choreo notes	Notes
Chorus A	Hand circle face, push away, hip sway	Music says, “Good Lookin..”
Chorus B	Walk 2X, step out, arms push out R,L, both X down, hip shift	“Lemme get right to the point...”
Chorus C	Hip dip w arm up R,L-hips w music, arms slowly come down on “spend”, hip sway 2X, SNAP w music	Ciara starts singing 😊
Break 1	Hip rock 4, add arms on head cover face 4, open arms elbows out 4, throw arms down 4, hip sway w arms 7, snap up on “Hey Big Spender”	
Break 2	Chest pump step to left 2X, repeat to right 2X, sway with arms	



Break 1	Hip rock 4, add arms on head cover face 4, open arms elbows out 4, throw arms down 4, hip sway w arms 7, snap up on "Hey Big Spender"	Ciara starts singing ☺
Chorus A	Hand circle face, push away, hip sway	
Chorus B	Walk 2X, step out, arms push out R,L, both X down, hip shift	
Chorus C	Walk 2X, step out, arms push out R,L, both X down, hip shift	
Break 1	Skip/kick Throw	
Break 2	Chest pump step to left 2X, repeat to right 2X, sway with arms	
Break 1	Hip rock 4, add arms on head cover face 4, open arms elbows out 4, throw arms down 4, hip sway w arms 7, snap up on "Hey Big Spender"	
Chorus A	Hand circle face, push away, hip sway	
Chorus B	Walk 2X, step out, arms push out R,L, both X down, hip shift	
BREAK 1	Hip rock 4, add arms on head cover face 4, open arms elbows out 4, throw arms down 4, hip sway w arms 7, snap up on "Hey Big Spender"	Lil Jon
Break 2	Chest pump step to left 2X, repeat to right 2X, sway with arms	
Break 1	Hip rock 4, add arms on head cover face 4, open arms elbows out 4, throw arms down 4, hip sway w arms 7, snap up on "Hey Big Spender"	
Outro	Hip sway 3X, pose	

Recommended Music

Name of Song	Artist
Express	Christina Aguilera
Beware of the Dog	Pure Adrenalin
Good Kisser	Usher
Crazy In Love	Emeli Sande
Tough Lover	Christina Aguilera
Work	Brittney Spears
Big Spender	Trap-a-Lot

Show Me How to Burlesque Christina Aguilera