



# SESSION HANDOUT

## Caribbean Heat

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## SESSION HANDOUT

### Presenter

Armando Salcedo & Heidy Torres

### Schedule

10 min: Introduction / History of Soca, Dancehall and Moombathon  
 10 min: Breakdown of Dancehall Choreography  
 10 min: Breakdown of Soca Choreography  
 55 min: Caribbean Heat Master class  
 5 min: Break  
 5 min: Review of the Class  
 15 min: Practice Combination Steps  
 10 min: Final wrap-up/Q&A  
 (Total: 2 hours)

### Session Objective

The session objective is to introduce these 2 Caribbean rhythms in a Zumba Class and recognize the difference between each rhythm. Also to make fluid choreographies since Caribbean rhythms have strong and soft movements.

### History & Background

* Rhythm	*Country
Soca	Trinidad and Tobago
Dancehall	Jamaica
Moonbathon	USA

#### \*About the Rhythms:

“Soca” is a form of dance music that originated in the islands of Trinidad and Tobago from calypso music. It combines the melodic sound of calypso and strong percussion – in most modern songs now it is electronic - and local chutney music.

“Dancehall” is a genre of Jamaican popular music. A sparser version of reggae, it also speaks on politics and religion but not as direct as roots style. Now we listen to digital dancehall (or “ragga”) which now has faster rhythms.

“Moonbathon” is a fusion genre of House music and reggaeton that was created by American Dj and producer Dave Nada (born David Villegas) in Washington, D.C., in 2009. Musically, it shares rhythmic origins with Dutch House or Electro House slowed down to the tempo of Reggaeton, usually 108 to 115 beats per minute (BPM), with reggaeton-influenced drum and percussion elements.

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Basic Steps & Variations

#### Dancehall

Movement	Rhythmic Variations	Fitness/ Arm Variations
Inside hip-march		
Beyonce		
Grapevine (opposite arms)		
Stomp/ Elbow flow		
Jump Cross		
Willy Bounce		
Rock and Roll Style		
Signal the Plane		
Painting the Wall		
Over the Head		
Sweep the Floor		

## Soca

Movement	Rhythmic Variation	Fitness/ Arm Variations
Boxer Jump		
V305		
Knee Bounce		
Grape Bounce		
The Plane		
Crazy Head		
Off Da Wipe		
Disco Abs		
Power Horse		
Carnival		

## Choreo Notes

### Ministry of Road

Song	Choreography
A	Hip side bumps / 4 hurdle
B	Hop F/B with arms up and open 4x/4 hurdle
C	Knee bounce combination
D	Move forward with side slide and arm up / repeat moving back arm
B	Hop F/B with arms up and open 4x/4 hurdle
A	Hip side bumps / 4 hurdle
E	Cowboy with arms combination
B	Hop F/B with arms up and open 4x/4 hurdle
C	Knee bounce combination
D	Move forward with side slide and arm up / repeat moving back arm



<b>B</b>	Hop F/B with arms up and open 4x/4 hurdle
<b>A</b>	Hip side bumps / 4 hurdle
<b>E</b>	Cowboy with arms combination
<b>B</b>	Hop F/B with arms up and open 4x/4 hurdle
<b>Free Style</b>	Free style
<b>A</b>	Hip side bumps / 4 hurdle
<b>E</b>	Cowboy with arms combination
<b>B</b>	Hop F/B with arms up and open 4x/4 hurdle
<b>Free Style</b>	Free style

### Mi Gente

<b>Song</b>	<b>Choreography</b>
<b>A</b>	4 claps up and (Que pasa) 4 claps up and (What's up) and repeat
<b>B</b>	3 stomps with pause (3x) shake it up
<b>C</b>	Side step with hip flow and arms 3x Mi GEnTE hands up and repeat
<b>D</b>	2 stomp with arms bump side to side then to the front shake(Zumba) and repeat
<b>E</b>	Cross front Caribbean Carnival step
<b>F</b>	Give it up and slide 4x then 305 shaking F/B
<b>C</b>	side step with hip flow and arms 3x Mi GEnTE hands up and repeat
<b>D</b>	2 stomp with arms bump side to side then to the front shake(Zumba) and repeat
<b>E</b>	Cross front Caribbean Carnival step
<b>F</b>	Give it up and slide 4x then 305 shaking F/B
<b>C</b>	Side step with hip flow and arms 3x Mi GEnTE hands up and repeat
<b>Zapatea/Stomp</b>	Zapatea Combination
<b>A</b>	4 claps up and (Que pasa) 4 claps up and (What's up) and repeat
<b>B</b>	3 stomps with pause (3x) shake it up
<b>C</b>	Side step with hip flow and arms 3x Mi GEnTE hands up and repeat

### Dance With You

Song	Choreography
Intro	
A	Walking reggae 4x
B	Salsa side combination
C	Hip side combination
D	Stomp elbow flow with wave and getting jiggy and repeat
A	Walking reggae 4x
B	salsa side combination
C	Hip side combination
D	Stomp elbow flow with wave and getting jiggy and repeat
A	Walking reggae 4x
D	Stomp elbow flow with wave and getting jiggy and repeat
A	Walking reggae 4x
D	Stomp elbow flow with wave and getting jiggy and repeat

## Caribbean Heat Playlist

Song	Artist	Genre
Muevelo Asi	Johnny & Jeison	Soca/Dancehall
Shake Your Booty	B.I.P	Moombathon
Chande Zue	Zumba	Electro chande
JUmPING	Armando & Heidy	Soca
6 O'Clock	Obie P	Dancehall
Serrucho	Mr Black	Champeta Latin Urban
Moviendo Caderas	Yandel ft Daddy yankee	Caribbean Hip Hop
Monster Winer	Kerwin Du Bois & Lil Rick	Dancehall
Ministry of Road	Machel Montano	Soca
Dance with You	Machel Montano	Reggae Dancehall
Mi GEnTE	Armando & Heidy	Caribbean Pop

El Ventilador	B.I.P	Soca/Dubstep
Junto al Amanecer	J Alvarez	Reggae/ Dancehall

## Recommended Music

Song	Genre	Where Can be Found
Dance with you	Reggae Dancehall	iTunes/ Google play
Mi GEnTE	Caribbean Pop	iTunes / Google play
Muevelo Asi	Soca/Dancehall	iTunes/ Google play
Ventilador	Soca Dubstep	ITunes/ Google play
6 O'Clock	Dancehall	iTunes/ Google play

## Contact us

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\*Choreography notes collaborations by

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