



# SESSION HANDOUT

## Colombian Fuego

**Zin™ Clara Lorena Chicaiza &**

***Zin™ Dilma Lucia Higgins***

Zumba Education Specialist, USA

## SESSION HANDOUT

### Presenters

Clara Lorena Chicaiza & Dilma Lucia Higgins

### Schedule

- 5 min: Intro
- 15 min: Colombian Folk History
- 15 min: Introduction of the two Regions: The pacific Coast and the Atlantic/Caribbean coast with the rhythms
- 15 min: Demonstration of the steps for the Pacific coast and the Atlantic/Caribbean coast
- 15 min: Practice the steps
- 45 min: Colombian Rhythms loosen those hips and have fun with Colombian Fire Master Class
- 5 min: Cool-Down
- 5 min: Q&A
- (Total: 2 hours)

### Session Objective

- Introduce and teach Colombian folklore, dance, history and rhythm.
- Combine the traditional rhythm and Zumba® dance movement for cardio dance fitness routines.
- Application and practice of Colombian movements and rhythms including low to high intensity modifications.
- Experience Colombian folklore in a comprehensive, fun and exciting way, easily adaptable to all Zumba® certifications
- Share in our exciting Colombian heritage for a global dance party we call “Colombian Fuego!” WEPA!!!!

### History & Background

The Folklore is the compendium of all the manifestations of popular culture and includes therefore the legends, stories, dances, traditions, music and many different artistic expressions. The Colombian folklore is very rich, both in number and in the variety of its manifestations, to the point that each of the geographic regions of the country has its own folk characteristics. The Colombian Cumbia dancing for example, is representative of the country, is a rich expression left by Africans.

With its verdant tropical rain forests, snow-capped mountain ranges, crystalline beaches, and deeply green valleys, the beauty of Colombia is perhaps only surpassed by the many music styles that energize the country's people. The array of music styles found in Colombia is one of

the more straightforward examples of the multicultural background of most Latin American countries.

Colombia can be divided into five distinct regions: the Atlantic/Caribbean coast, the Pacific coast, the Andes, Los Llanos ("the plains"), and the Amazon. Within the varied terrain, each region has distinct folk music traditions that reflect the individual history there. In spite of this regionalism, a connected history binds each through common roots. In this section we are going to emphasize in this two regions: **The Pacific coast and the Atlantic/Caribbean coast.**

### **INTRODUCTION TO THE PACIFIC COAST:**

The singing and drums are the backbone of the musical life of all communities of the Colombian Pacific. The rivers, mountains, forests and seas, constant companions of everyday life, marked rhythms, timbres and melodies of the region. At the same time, the songs reflected the experiences, activities and worldviews of ethnic communities that inhabit magical land. Pacific culture has variety from north to south, north in the Chocó and south by the Pacific plate.

#### **THE MUSIC:**

Folklore studies conducted in the Pacific Coast survivals let us appreciate black, Spanish and indigenous, dances, songs and rhythms. Among African survivals noted the following rates: Currulao, Tamborito, Abozao, Patacoré, Juga, the bereju, the aguabajo, the jot, & Bunde. Other rhythms and songs are: aguacorta, Andarele, caderona, polka, mazurka, calypso Choco, chigualo, Levanta Polvo, Caracumbe, Agualarga, aguamaleña, andarete, tigaranda, pangota, pitero, castruera dove Daisy, Jagua, gee, buzzard, guapi, guabaleña and Choco quadrille.

In Representation of the Pacific Coast we are going to dance **Levanta Polvo** that combines some of the rhythms that has been mentioned.

### **LEVANTA POLVO - HISTORY**

Chocó province is an isolated rainforest region along Colombia's northern Pacific coast and the border with Panama. Its main artery, the Atrato River, connects it with the Caribbean. The Chocó was an important destination for African slaves, who were sent there to work the rich gold mines of the region. The best-known music of the Chocó is the lively brass band music called chirimía. This music includes such international genres as polka, danza, contradanza, and mazurca, probably imported from the Caribbean, as well as local forms like abozao and levantapolvo. The chirimía band features homemade bass and snare drums, cymbals, euphonium (a small tuba) and one or two clarinets, and in its older version, reed flutes as wind instruments.

### **INTRODUCTION TO THE ATLANTIC/CARIBBEAN COAST:**

Caribbean (Atlantic) music pulsates with vibrant rhythms. All the manifestations of popular culture and include therefore the legends, stories, dances, traditions, music and many different artistic expressions.

#### The Music:

The pace and most internationally known dance is the Cumbia, which is a mixture of Spanish, Indian melodies and African rhythms the latter brought by slaves. The style of dance is designed to recall the shackles worn around the ankles of the slaves. In the 19th century, slavery was abolished and Africans, Indians, and other ethnic groups mixed more fully.

Styles like bambuco, vallenato, and porro were especially influential. When the waltz became popular in the 19th century, a Colombian version called pasillo was invented.

Among the best-known exponents and Colombian folklore researchers are José Barros, Pacho Galán, Toto la Momposina, Lucho Bermudez, Francisco Zumaqué, Mario Gareña, Petrona Martínez, Delia Zapata and Joe Arroyo. Women wear skirts or plaid skirts red, are barefoot or wear cotizas. They usually headscarf and candongas and hands have a candle with which frightened man in his courtship, men wear white liqui-liqui, with trousers rolled up (or picked up until about mid-calf) and shirt closed fist, go barefoot or wear cotizas and vuelitiao hat or corrosca, shawl neck, machete and backpack functions.

The joint is another important musical air of the region. It has two varieties: the joint Tapao or puya and porro palitiao or bagpipe.

In the region of Valledupar is the vallenato, the music genre of Colombia known today. Traditions are also mapalé, purely and exclusively African dance, fandango, scribbles, bullerengue, the chandé, the berroche, the Guacherna, the drums, the arsenal, the bagpipes, the Pilanderas, the puya, the jalao, ride savanna, the merecumbé, the danza of garabato and cumbia. More recently it has been given to know the music champeta, original and typical of the area of Cartagena.

In Representation of the Atlantic/Caribbean Coast we are going to dance the **Mapale and Cumbia.**

#### **EL MAPALE – HISTORY**

One of Colombia's rhythms from the Atlantic Coast that is most heavily associated with pure African roots is Mapale. With its extremely fast rhythms, "Mapale" is traditionally played with multiple drums. Mapale is most always accompanied by exuberant dance that interacts beautifully with the complicated syncopated music. Mapale is full of passionate energy that is improvisational and uninhibited. With electric jumps, rhythmic falls, and quick movements, the dancers emanate vibrant life from their bodies into the air at the bewilderment of their audience. The coordination of the immensely fast-moving feet, legs, arms, hips, shoulders, and hands, make the coupling of dancers and musicians an extraordinary phenomenon to experience.

#### **CUMBIA – HISTORY**

The Cumbia is the archetype of Atlantic coastal music and symbolizes Colombian popular music and dance to the rest of the world. Cumbia music was created by the mixing native Colombian melodies with African rhythms, using Caribbean gaitas (typical flutes), drums, maracas and guacharaca.

Other instruments used in cumbia are:

Saxophone, trumpets, keyboards, trombone, guitar, accordion, timbales with cowbell.

The Cumbia can be divided into two different styles:

**Classical Cumbia:** only musical instruments are used

**Modern Cumbia:** accompanied by song and lyrics

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Application of the Zumba® Formula

The Zumba formula makes the Zumba® program unique and revolutionary to the fitness world. The three elements to the formula are in themselves not unique, but the combination of them results in a special, new and dynamic fitness experience! The three rhythms, Cumbia, Mapale & Levanta Polvo were choreographed using the Zumba® Formula so you can incorporate them into your classes and to love making your Zumba® class a success. WEEPPAAAA!!!!

### Basic Steps & Variations

#### Levanta Polvo basic steps:

1. Levanta Polvo : Arms and legs movement front and back
2. El porro : Butterfly position travel side to side
3. Garabato Jump: Semi circle with one leg first than squat

#### Mapale basic steps:

1. Hips on Fire: Travel side to side braking hips
2. Mapale: In and out body movement
3. Knee on Fire: Knee up and down side to side

#### Cumbia basic steps

1. Machete on fire: Leg front and back squat
2. Fuego Legs: Crossing legs travel front and back

## Choreo Notes

Song Name		
Song Part	Choreo notes	Notes
Intro		
Chorus		
Verse		
Bridge		
Chorus		
Verse		
Bridge		
Verse		
Chorus		
Break		
Music		
Chorus		

## Recommended Music

Name of Song	Genre	Where it can be found
Hay Gozadera	Levanta Polvo	Artist (Full Commandants)
La pollera Colorada	Cumbia	Artist (Pedro Salcedo y su orquesta)
Checumbia	Cumbia / mapale mix	Artis (Checo Acosta)
La Fantastica	Cumbia / mapale	Artist (Carlos Vives)
El mapale original	Mapale	