



SESSION HANDOUT

Crazy Country

Kass Martin

Zumba Education Specialist, USA

Presenter

Kass Martin

Schedule

10 min: Intro

20 min: Preview class

40 min: Breakdown of steps, break down choreo and practice so you can apply to your classes immediately.

40 min: Class

10 min: Wrap up/ Q&A

Session Objective

Learn how to incorporate country music into your Zumba classes to give more variety to your students. Build confidence in the style of country music dance as well as learn choreography using Zumba formula you can bring right into your classes.

History & Background

Western dance is a combination of dances from all over the world. Immigrants from Ireland, Europe, Russia, even as far back as tribal dances in Africa came to the United States bringing their culture, music and dance along with them and created a common ground and unified dance. The cowboy with long hours in the fields and on the saddle may have not been the most graceful of dancers, add this element to the mixed dances brought from other cultures and you get Country Western Dance.

2014 ZUMBA INSTRUCTOR CONVENTION

Application of the Zumba® Formula

Every song we breakdown will follow Zumba formula as illustrated in your basic 1 training as well as your manual. We will be practicing cueing of these routines to help finesse your cueing skills which leads your students to find more success in your classes.

Choreo Notes:

All songs are found on iTunes.

Song: SWING

Artist: Trace Adkins.

Intro: Heels. S S D (left knee on the double)

Chorus: Swing. Pretend to swing a bat 3 times on each side.

Intro:

Verse: Rock step side to side (kind of like a destrosa) 3 times, then travel step 123 and repeat on the opposite side.

Chorus:

Intro:

Verse:

Chorus:

Intro:

Bridge: Booty circle (pretend to play ball)

Verse:

Chorus:

Song: DONE

Artist: The Band Perry

Intro: step touch

Verse: pull step. D D S S S S repeat. Stop and jam to the music.

Verse:

Chorus: S S D knee lifts repeat other side. Jump and pull. Jump and pull. Repeat.

Tag: march in place with arms reaching L R forward L R up at head. Repeat

Verse: double pull, double knee

Chorus:

Tag:

Bridge: walk forward and back

Musical interlude: heels forward and back

Chorus:

Chorus:

Intro:

Song: CHATTAHOOCHEE

Artist: Alan Jackson

Intro: pony

Verse: grapevine hold step touch (can add a turn step for the grapevine as the song progresses)

Chorus: heel heel 123 travel step, rock step back.

Intro:

Verse:

Chorus:

Bridge: Heel pulls D D S S S S adding a slap to the back foot

Verse:

Bridge:

Intro;

Verse:

Chorus:

Song: BUBBA SHOT THE JUKEBOX

Artist: Mark Chestnut

Intro: step touch

Verse: cross step 4 traveling to the side. Hold and pendulum swing side to side for four counts.

Chorus: Kick kick 123. Alternate feet. Kick kick 123. Alternate feet...hold and resume kick kick 123

Verse:

Chorus:

Intro:

Verse:

Chorus:

Bridge: heel forward and back traveling forward

Musical interlude: grapevine side to side

Chorus:

Song: SHE CRANKS MY TRACTOR

Artist: Dustin Lynch

Intro: step touch

Verse: grapevine hold 3 knees. Hands at your belt buckle and your shoulders lean in on the knees giving it that country flare.

Tag: bounce step back with claps over head

Chorus: destrosa in a circle for four counts. Hold front for four counts. Destrosa other side in a circle for four counts. Booty pop for 3 and lawn mower pull "tractor"

Verse:

Tag:

Chorus:

Bridge:

Tag and hold for guitar. Do this two times.

Tag:

Chorus:

Hold the "Crank my tractor" part 3 times.

Intro.

Feel free to bring something to edit these notes to make more sense to you while we are learning the moves. My vocabulary for the moves may be different than yours. I want you to be able to draw from these choreography notes at a later time and have them still make sense to you.

Can I get a Yehaw!?? YEEEEHAW!!!