



# SESSION HANDOUT

## Cuban Explosion

**Efren Buzzo**

California Zumba Jammer, USA

**Royland Lobato**

California Zumba ZIN member, USA

## SESSION HANDOUT

### Presenters

Efren Buzzo | Zumba Jammer, USA  
Royland Lobato | ZIN member, USA

### Schedule

10 min: Intro  
10 min: History of Cuban genres  
10 min: Preview (1-2 songs)  
20-25 min: Breakdown of steps  
55 min: Master Class  
10 min: Wrap up/ Q&A  
(Total: 2 hours)

### Session Objective

1. Expose a variety of popular and traditional Cuban styles and emphasize its contribution to the current dance culture.
2. Learn how to modify or intensify the moves and how to personalize and add your own flavor to the rhythms.
3. The main objective with Cuban rhythms is to have fun while expressing yourself adding some basic Timba, Afro-Cuban, Rumba, and Cubaton movements.

### History & Background

The music of Cuba, including its instruments, performances and dance, comprises a large set of unique traditions influenced mostly by West African and European (especially Spanish) music. Due to the syncretic nature of most of its origin, Cuban music is often considered one of the richest and most influential regional music of the world since the 19<sup>th</sup> century. Cuban music has contributed to the development of a wide variety of genres and music styles across the globe, most notably in Latin America, the Caribbean, West Africa, and Europe. The consistent interaction of Africans and Europeans on the island brought about what today is known as Afro-Cuban.

#### **Cuban Explosion flavor session is Afro-Cuban, Rumba, Cubaton and Timba**

**AFRO-CUBAN:** The term can refer to the combining of African and other cultural elements found in Cuban society such as race, religion, music, language, and class culture. Afro-Cuban involves 2 main categories of music, religious and profane, religious music includes chants and rituals while profane music focuses largely on Rumba, Guaguanco, and Comparsa (carnival music).

**RUMBA:** Rumba is an amalgamation of several-transplanted African dance and drumming traditions, combined with Spanish influences. It involves dance, percussions, and son. There are 3 main forms: Guaguanco, Yambú, and Columbia. **Guaguanco** is a couples dance of sexual competition between the male and female where the male dances to some provocative movements to woo his partner. This movement is called “Vacunao” (vaccination or injection). **Yambú** is a couples dance like Guaguanco but slower. Vacunao is not used. **Columbia** is a fast and highly acrobatic solo male dance.

**CUBATON:** A bold street popular dance (also known as Reggaeton a lo Cubano or Cuban Reggaeton) is a sub-genre of Reggaeton. It is a fusion of Cuban percussions or timbales, Salsa, Timba, Rumba, and Reggaeton. The Cubaton comes from the word Cuba.

**TIMBA:** based on popular Cuban music along with Salsa, American Funk/R&B, and the strong influence of Afro-Cuban folklore music. In the broadest sense, people dance Timba in a style called “Rueda de Casino” that was around well before 1989, but certain rhythmic elements of Timba arrangements inspired completely new way of dancing.

### Application of the Zumba® Formula

Every single choreography routine in the Master Class is set to the original Zumba formula. Moves can be modified or intensified depending on each class’s needs. Always remember to apply your new Cuban choreographies and movements to the Zumba formula.

### Basic Steps & Variations

#### Afro-Cuban movements

1. Elegua
2. Changó
3. Yemaya

#### Rumba

1. Basic Guaguanco step
2. Heel/toe

#### Cubaton

1. Shimmy shoulder
2. Rolling shoulders back
3. Pumping chest

#### Timba

1. Lateral movement
2. Salsa rock back

### Choreo Notes Song

Download location: iTunes & Amazon | Genre: TIMBA | Time: 3:43

Song Name: CANDELA (feat. Los 4) | Artist: Leo

Song Part	Choreo Notes	# Of Reps	Notes
<b>Intro</b>	In place body moves in circle + shimmy		
<b>A</b> (0:14)	<u>Lateral</u> travel step-out / together <u>In place</u> upper body/hips move in circle 4x	Combo 4x	Sequence repeats R + L
<b>B</b> (0:33)	Salsa Rock Back w/rotation <b>*Arm variation: optional</b>	8x	
<b>A</b> (0:45)	<u>Lateral</u> travel step-out / together <u>In place</u> upper body/hips move in circle 4x	Combo 4x	Sequence repeats R + L
<b>B</b> (1:01)	Salsa Rock Back w/rotation <b>*Arm variation: optional</b>	8X	
<b>A</b> (1:11)	<u>Lateral</u> travel step-out / together <u>In place</u> upper body/hips move in circle 4x <b>*Wait for the accent</b>	Combo 1x	This time sequence repeat <b>ONLY</b> 1 side
<b>C</b> (1:16)	<b>Accent #1:</b> jump out/ in /out/ in / shimmy <b>On count 1</b> down on your knees then slowly raise up moving hips in circle (count of 8)	1x Each side R + L	
<b>D</b> (1:27)	<b>Reggaeton:</b> walk in circle and pumping upper body or/and hips	16x	
<b>A</b> (1:37)	<u>Lateral</u> travel step-out / together <u>In place</u> upper body/hips move in circle 4x	Combo 2x	
<b>E</b> (1:46)	Salsa R + L <b>*Also called "Rumba" step</b>	8X	
<b>A</b> (1:56)	<u>Lateral</u> travel step-out / together <u>In place</u> upper body/hips move in circle 4x	Combo 2x	
<b>E</b> (2:05)	Salsa R + L <b>*Also called "Rumba" step</b>	8x	
<b>F</b> (2:14)	<b>Accent #2:</b> small kick out + shimmy 3x Follow by 2 steps forward with a jump		



<b>G</b> (2:34)	Salsa Rock back 8x <i>*Optional arm variation</i> Salsa 2 steps going back & forward 8x	Combo 2x	
<b>D</b> (3:12)	<b>Reggaeton:</b> walk in circle and pumping upper body or/and hips	16x	
<b>E</b> (3:21)	Salsa R + L <i>*Also called "Rumba" step</i>	15x	

### Recommended Music

Name of the Artist	Genre	Where it can be found
Gente de Zona	Timba, Cubaton,	iTunes, Amazon
Timbalive	Afro-Cuban, Timba, Rumba	iTunes, Amazon
El Micha	Cubaton, Salsa, Bachata	iTunes, Amazon
Eminencia Clasica	Cubaton	iTunes, Amazon
Osmani Garcia	Timba, Cubaton	iTunes, Amazon
Roly Maden	Timba	iTunes, Amazon
Rigo	Cubaton	iTunes, Amazon
Charanga Habanera	Timba, Cubaton	iTunes, Amazon

### Items to bring to session

- A Cuban flag, red or/and blue colors, or any items representing your country.
- Be ready to shimmy your shoulders, hips, and have so much fun.

**DALE CANDELA!** A typical expression in Cuba and other Caribbean islands (Candle, set alight, hot, do it, to set fire to, to be nuisance, we're on fire)