



# **SESSION HANDOUT**

## **ZIN™ Customized Choreography**

**ZES Barbara Klontz**  
**BS, ACE, AFAA, ZIN™, MSU**  
Zumba Education Specialist, USA

## CUSTOMIZED CHOREOGRAPHY SESSION HANDOUT

### Presenter

ZES Barbara Klontz

### Schedule

15 min: Introduction

1 hr 30 min: Master Class & Drills: How to simplify and/or intensify selected rhythms from a recent ZIN™ Volume using the ZIN™ choreography as a base and adding your own flavor and variations to fit the needs of your students. 3 songs to explore

15 min: Final wrap-up/Q&A

(Total: 2 hours)

### Session Objective

- Learn how to use the ZIN™ Volumes as a base for creating exciting and innovative classes.
- Learn how to modify or intensify the moves and how to personalize and add your own flavor to the rhythms.

### History & Background

Zumba® Fitness provides Zumba Instructor Network, ZIN™ Members with the tools needed to be successful. One of the unique benefits of being a ZIN™ Member is receiving music and choreography on a regular basis. With each new ZIN™ Volume, you receive a music CD and a DVD which has two different sets of choreography: a one-on-one breakdown of moves and a demonstration of the song taught in its entirety, and a live class using the same music with totally different choreography.

Music and choreography are two essential elements that make the Zumba® Fitness program unique. The ZIN™ Volumes enhance your music collection with new rhythms and contribute to your Zumba® Instructor toolbox of choreography ideas for your class. You may choose to use the choreography “as is,” modify the moves to accommodate the needs and abilities of your students, or create your own patterns. However you decide to use the ZIN™ music and choreography, be sure to add a bit of your own flavor and personality, to make it your own and connect it with your teaching style.

### Application of the Zumba® Formula

In every class and every song:  $Z=mc^2$

Listen to the music and watch the choreography of each ZIN™ volume.

Some songs may initially not be your taste, but once you see the rhythm with the choreography, you may change your mind. There may also be some songs that you may not seem appropriate for the body of your class but they may be well suited as a warm-up or cool-down song. When you are ready to plan your class, remember to adhere to the fundamental principles of the Zumba® Formula. These were the basic concepts introduced in your first instructor training, and it is always important to refer back to them.

First step: WATCH YOUR ZIN™! Yes, it sounds silly, and yet so many instructors don't make time to watch their DVDS. When you watch your ZIN™ Volumes set the songs aside into 3 categories:

- Love it!
- Leave it!
- Try it!

Anytime you customize a song, you are going to fit it into your current playlist to replace the next song to be removed. Consider where the song might fit into your playlist based on rhythm, intensity, and whether the song is focused on dance or fitness.

For any category you'll be adding or changing the same concepts:

- Personal Style
- Dance Style
- Intensity
- Dance or Fitness Focus
- Safety Changes (student considerations)

KISS: Keep It Simple Silly! Change as little as necessary – don't work harder than you have to! It's time to build your choreo off the shoulders of the people who have come before you! Don't re-invent the wheel.

- Work backwards.
- Make necessary choreo/style/formatting changes first.
- Simplify FIRST
- Make additions to the choreo last.

Once your customized choreo is finished, it's time to choreograph your non-verbal cues. Set yourself up for success, and go into that classroom, confident, prepared, and ready to focus on your students and rock their world!

### Choreo Notes

Custom Choreography Notes from this session will be posted on [www.barbaraklontz.zumba.com](http://www.barbaraklontz.zumba.com) under 2014 ZIN Convention Notes – Custom Chore.

### Recommended Music

Music used was from the recommended ZIN™ Volume.