



SESSION HANDOUT

Customized Choreo:

ZIN™ Volumes and You

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SESSION HANDOUT

Presenter

Erick Santana

Schedule

15 min: Introduction

1 hr30 min: Show ways to either simplify or intensify the following rhythms by using the ZIN™ choreography as a base and adding your own flavor and variations to fit the needs of your students.

30 min: Song 1

30 min: Song 2

30 min: Song 3

15 min: Final wrap-up/Q&A

(Total: 2 hours)

Session Objective

- **Use your DVD's as a resource for a variety of different moves.**
Your dvd's are your choreo dictionary. They serve as a resource that offer variety of dance moves and choreo ideas applied to music.
- **Own Your Steelo!!**
A simple modification can make a move "totally" your own. By implementing variations of fitness, low impact, and high impact to a dance move you can re-invent any choreography. Don't forget to spice it up by adding your own savor (flavor), swag, attitude and your personal steelo; an ingredient that sets you in class all by yourself.
- **Take it to the floor!!!**
Implement your ideas by showcasing your creations in your classes. With simple, fun, and personalized choreo; bring life to your fitness party with your innovation.
- **Choreo-Craftman**
The more you practice these procedures time and again you will master the art of choreo-craftmanship. You will soon be creating your very own work of art.

History & Background

Zumba® Fitness provides Zumba Instructor Network (ZIN™) Members with the tools that they need 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.

2014 ZUMBA INSTRUCTOR CONVENTION

Choreo Notes

<i>Song Name</i>	<i>Super Girls by Mara</i>	
Song Part EndTimes	Choreo Notes	Notes
Intro to Song (0:16)	MJ Swag	
A (0:24)	SWAG WALK TWO STEP BALL CHANGE <i>Start with left leg walk forward 4x</i> <i>Step Ball Change (right, left, right, left kick turn)</i> <i>Swag walk back with right leg 4x</i> <i>Step Ball Change (right, left, right, left kick turn)</i>	2 times
B (0:30)	Lateral Arms (Jump) Bicep Curls to Hip Thrust	4 times
C (0:45)	Pivot to Lateral Arms Body Roll	8 times
D (0:53)	B-Boy Swag (single)	8 times
C (1:01)	Pivot to Lateral Arms Body Roll (half-time)	4 times
A (1:09)	SWAG WALK TWO STEP BALL CHANGE <i>Start with left leg walk forward 4x</i> <i>Step Ball Change (right, left, right, left kick turn)</i> <i>Swag walk back with right leg 4x</i> <i>Step Ball Change (right, left, right, left kick turn)</i>	2 times

B (1:16)	Lateral Arms (Jump) Bicep Curls to Hip Thrust	4 times
C (1:31)	Pivot to Lateral Arms Body Roll (Cardio Variation)	8 times
A (1:39)	SWAG WALK TWO STEP BALL CHANGE <i>Start with left leg walk forward 4x</i> <i>Step Ball Change</i> <i>(right, left, right, left kick turn)</i> <i>Swag walk back with right leg 4x</i> <i>Step Ball Change</i> <i>(right, left, right, left kick turn)</i>	2 times
B (1:47)	Lateral Arms (Jump) Bicep Curls to Hip Thrust	4 times
D (2:02)	B-Boy Swag (single single double)	4 times
C (2:17)	Pivot to Lateral Arms Body Roll (half-time)	8 times
E (2:33)	Shoulder Bop Right, Shoulder Bop Left <i>Slide right</i> B-Boy Swag Left, B-Boy Swag Right Shoulder Bop Left, Shoulder Bop Right <i>Slide left</i> B-Boy Swag Right, B-Boy Swag Left	4 times
A (2:44)	SWAG WALK TWO HOP HOLLA <i>Start with left leg walk forward 4x</i> <i>Two Hop Holla (Slight Bounce)</i> <i>Swag walk back with right leg 4x</i> <i>Two Hop Holla (Slight Bounce)</i>	2 times
B	Lateral Arms (Jump) Bicep Curls to Hip Thrust	4 times
E	Shoulder Bop Right, Shoulder Bop Left <i>Slide right</i> B-Boy Swag Left, B-Boy Swag Right Shoulder Bop Left, Shoulder Bop Right <i>Slide left</i> B-Boy Swag Right, B-Boy Swag Left	4 times
A	SWAG WALK TWO HOP HOLLA <i>Start with left leg walk forward 4x</i> <i>Two Hop Holla (Slight Bounce)</i> <i>Swag walk back with right leg 4x</i>	



	<i>Two Hop Holla (Slight Bounce)</i>	2 times
B	Lateral Arms (Jump) Bicep Curls to Hip Thrust	4 times
D	B-boy Swag (Single Single Double) Left right left 2x turn	4 walls

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

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