



# SESSION HANDOUT

## Customized Choreo: ZIN™ Volumes and You

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Zumba Education Specialist, USA

## SESSION HANDOUT

### Presenter

Marta Formoso

### Schedule

15 min: Introduction

1 hr 30 min: Show ways to either simplify or intensify the following rhythms (from ZIN™ Volume 45) by 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 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

### Application of the Zumba<sup>®</sup> Formula

Remember:  $Z=mc^2$

Listen to the music and watch the choreography of each ZIN<sup>™</sup> 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 deem 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<sup>®</sup> Formula. These were the basic concepts introduced in your first instructor training, and it is always important to refer back to them.

### 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**