



SESSION HANDOUT

Dancehall Mash-Up

Catherine Chiemelu & LaToya Bufford

Zumba® Jammers, USA

Presenter

Catherine Chiemelu & LaToya Bufford

Schedule

5 min: Intro
10 min: History of Jamaican Dancehall/Explosion of Dancehall Popularity (short video)
25 min: Movement Time
30 min: Choreography Breakdown (use steps learned and take home 2 choreographed songs)
45 min: Master Class
5 min: Thank you/Farewell
(Total: 2 hours)

Session Objective

- Expose a variety of styles of dancehall and emphasize its contribution to current dance culture in the Caribbean, other tropical countries and all over the world. Dancehall's journey across boundaries exemplifies a dance "globalization" similar to other rhythms such as Hip-Hop, Salsa, and Capoeira.
- Learn how to use Dancehall steps and movements as a base for creating exciting and innovative choreographies.
- Learn how to modify or intensify the moves and how to personalize and add your own flavor.
- The main objective in dancehall is to have fun while expressing YOURSELF, whether it be edgy, sassy, or sexy!

History & Background

Jamaica is the homeland of dancehall. Reggae is the style of music from which dancehall originates. Reggae evolved in the late 1960s from ska and other local variations on calypso and rhythm and blues, and became widely known in the 1970s through the works of Bob Marley; its lyrics are much influenced by Rastafarian ideas. Dancehall is a style of current Jamaican popular music that is a spinoff of reggae. The style was established in the late 1970s from the seductive chant of the dancehall deejay—partly talking and partly singing. This style dates as early as 1969, when the reggae artist U-Roy experimented with talking over or under a "riddim" (rhythm). Dancehall is a style and genre that was mainly developed by urban youth in Jamaica; its lyrical content is based on the lives of the people who created it and often contains lyrical content considered by many to be overly sexual or violent. In a word, dancehall might be described as "raw" and it has often been criticized in a similar way to gangsta rap despite the fact that many "conscious" artists continue to release dancehall music. This multimodal African diasporic style is also evident in the hip-hop music of North America, and the origins of both can be traced to West African performance styles. The style of early dancehall deejays was developed into a more continual rhythmic pattern of rapping that contained much more melody than the rapping style being developed in America around this time. It's important to note that the rhythmic patterns

dancehall deejays developed in their rapping are based around the phrasing and speech patterns of Jamaican patois (Jamaican dialect). Ragga is often used to refer to the type of dancehall music based around "mix" rhythms and contains almost no elements of what is traditionally perceived as reggae.

You can't have dancehall without dance! The rhythmic movements in dancehall act as an expression emerging from the inner-city communities of Kingston, Jamaica. This style of dance is fundamentally global, and an outcome of centuries of varied dance expressions, predominantly African-based but with European influences as well. The popularity of dancehall has spawned dance moves that help to make parties and stage performances more energetic and exhilarating.

Founding Artists of Dancehall:

Eek-A-Mouse, Yellowman, Super Cat, General Debris, Michigan and Smiley, Josey Wales, Ninja Man, Tiger, Buju Banton, Shabba Ranks, and Patra

Current Popular Artists include:

Beenie Man, Mr. Vegas, Elephant Man, Lady Saw, Sizzla, Khago, Mavado, Cham, Vybz Kartel, DeMarco, and Sean Paul

The above are not exhaustive lists of dancehall artists, there are many more.

Application of the Zumba® Formula

Just as it is with all other styles used for Zumba Fitness, it is equally important, when using dancehall music, to listen to the changes in the music and choreograph accordingly, following the Zumba Formula. During the choreography breakdown we will demonstrate how the Zumba Formula can be used and apply the steps we learned during movement time.

Basic Steps & Variations

Wine + Variations
Bad People
Badda Wave
Calm Dem Down
Japan Bounce
Move Dem Up
One Shot
Psycho
Reload
Swag Dance



Movement Time

Movement	Description	Variations
Wine	Circle hips	Basic Tempa Egyptian Weezy
Bad People	Dust your R Leg/Dust your L leg Step/ball change/ Walk fwd 1-2-3	
Badda Wave	Stomp foot/Pump fist 1-2-3-4 Lead with your fist up, Slam it down and allow a wave to flow through your body	
Calm Dem Down	Stand with feet hip distance apart/ Fling hands up in the air/ then forcefully pump hands down w/open palms	
Japan Bounce	Take 2 steps forward then bounce/gallop back 2 steps quickly.	
Move Dem Up	Side step leading with shoulder and head.	
One Shot	Lean side to side, lifting knee on each side, slap hand down on each side. Hit, hit, hit, pop.	
Psychy	Lift hand up and down, up and down on the side then wiggle like snake with arms in front of chest moving to the side.	
Reload (variation)	Stand with feet hip distance apart/ rock back and forth in place w/hand at your side (on your holster).	
Swag Dance	Stand with feet hip distance apart/ Cross arms/ Raise one hand up & down (as though you're signaling "no")/Bend knees and bounce bringing knees in/out	Cross both hands in front like you're upset through the entire move



Choreography Notes

Choreography by: LaToya Bufford

Whine & Kotch (Radio Version)

By Charly Black & J Capri – iTunes (3:23)

Song Part	Choreography	Reps	Notes
A	Hit, hit, hit, pop [One Shot] – 6 times Wine slow	1	Thrust hips on the “pop”
B (:18)	“whine & kotch...” Egyptian wine hips and step to the side, then squat/pop low - 4 times Wiggle and sway arms in front of chest, bending over, take 2 steps to the side [Psychy], then rock hips in place [Tsunami Rock] - 2 times	1	
C (:36)	Take 2 steps F then bounce/ gallop 2 steps B [Japan Bounce]	4	
D (:46)	Side step leading with shoulders and head SSD [Move Dem Up]	2	Hold hands in fists
B (:55)	“whine & kotch...” Egyptian wine hips and step to the side, then squat/pop low - 4 times Wiggle and sway arms in front of chest, bending over, take 2 steps to the side [Psychy], then rock hips in place [Tsunami Rock] - 2 times	1	
C (1:13)	Take 2 steps F then bounce/ gallop 2 steps B [Japan Bounce]	4	
D (1:22)	Side step leading with shoulders and head SSD [Move Dem Up]	2	
*B (1:32)	“whine & kotch...” Egyptian wine hips and step to the side, then squat/pop low - 4 times	1	
A (1:40)	Hit, hit, hit, pop [One Shot] – 6 times Wine slow	1	
B (1:56)	“whine & kotch...” Egyptian wine hips and step to the side, then squat/pop low - 4 times Wiggle and sway arms in front of chest, bending over, take 2 steps to the side [Psychy], then rock hips in place [Tsunami Rock] - 2 times	1	
C (2:14)	Take 2 steps F then bounce/ gallop 2 steps B [Japan Bounce]	4	
D (2:24)	Side step leading with shoulders and head SSD [Move Dem Up]	2	
B (2:33)	“whine & kotch...” Egyptian wine hips and step to the side, then squat/pop low - 4 times Wiggle and sway arms in front of chest, bending over, take 2 steps to the side [Psychy], then rock hips in place [Tsunami Rock] - 2 times	1	
C (2:51)	Take 2 steps F then bounce/ gallop 2 steps B [Japan Bounce]	4	
D (3:00)	Side step leading with shoulders and head SSD [Move Dem Up]	1	
*B (3:09)	“whine & kotch...” Egyptian wine hips and step to the side, then squat/pop low - 4 times	1	



Choreography Notes

Choreography by: Catherine Chiemelu

Money Finger

By Gappy Ranks and Busy Signal – iTunes (3:00)

Song Part	Choreography	Reps	Notes
The most important thing to remember with this song is ATTITUDE! Have fun with it ;)			
Intro	Size up your opponent. Look them up and down. Get grimy!!!	2 x 8	
A (0:08)	1. Bad People 2. Badda Wave (simplified) 3. Step back 1-2-3-4	1 x	3. Make a karate chop up your side with each step back. (you're a ninja)
B (0:17)	1. Reload x8 2. Calm Dem Down Repeat entire sequence	2 x	
A (0:37)	1. Bad People 2. Badda Wave (simplified) 3. Step back 1-2-3	2 x	"Time to make di paper, di paper..."
B (0:55)	1. Reload x8 2. To di world 3. (1:05) Tap R foot/ Body roll 2x 4. Swag Dance to other side (1-2-3-4) Repeat steps 3 & 4 on your L Repeat entire sequence (steps 1-4)	2 x	
A (1:32)	1. Bad People 2. Badda Wave (simplified) 3. Step back 1-2-3-4	2 x	
B (1:51)	1. Reload x8 2. To di world OR Calm Dem Down 3. (1:05) Tap R foot/ Body roll 2x 4. Swag Dance to other side (1-2-3-4) Repeat steps 3 & 4 on your L Repeat entire sequence (steps 1-4)	2 x	
A (2:10)	1. Bad People 2. Badda Wave (simplified) 3. Step back 1-2-3-4	1 x	
C	1. Money Tree (feet move single/single/double) 2x 2. Gallis Swing/ Calm Dem Down combo (2x2) 2x	2x	"my money purple..."

Recommended Music

The following songs are a few of Cat & Toya's favorite dancehall songs/artists and can be found on iTunes, Amazon.com, or Yahoo Music. The actual playlist will be shared during the Dancehall Mash-Up session.

Song and Artist

Star Bwoy by Mavado
Dancehall Queen by Beenie Man
Dash Wata by Elephant Man
Champion by Buju Banton
Nah Sell Out by Khago
Summertime by Vybz Kartel
I'm So Special by Mavado
Come Over by Patra
Miss Fatty by Million Stylze
No Talk Too Long by Beenie Man
Bubbling Party by Charley Black
Box of Money by Mavado
Trailor Load a girls by Shabba Ranks
Movements by RDX

Items to bring to the session (Optional)

- "Swag" hat (fitted hat, baseball cap, snap-back, etc.)
- Come ready to bring the "FIYAH"!

A note from Toya & Cat:

"Remember dancehall is about feeling, attitude, energy, and freedom. Not so much the technicalities of the movements, but the expression of the movements. Thank you for letting us share our love for this style with you!"

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Facebook

Toy/Cat Dancehall Mash-Up