



# SESSION HANDOUT

## Dancin' Thru the Decades

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## SESSION HANDOUT

### Presenter

Kass Martin

### Schedule

10 min: Intro  
30 min: sample class  
40 min: Breakdown of steps  
30 min: master class  
10 min: Wrap up/ Q&A

### Session Objective

To learn choreo to hits from different decades to be able to immediately incorporate into your classes to drive international flavor.

### History & Background

What song choices are you using for your 30% non-international rhythms? Wanting more ideas? Well this class is the class for you! In our Dancin' Thru the Decades class we will be going over our favorite dances of the decades. Spice up your Zumba class with hits from the 60's, 70's, 80's and 90's. Your students will take a trip down memory lane with songs they used to party to, giving variety to your classes and making your more of a diverse instructor.

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#### **Malt Shop Era**

The music of the 50's and 60's was referred to as the Malt Shop Era, where your favorite radio station was your personal juke box. These great hits brought about fun dances such as:

Jitterbug, Twist, Rock and Roll Triple Step.

#### **Disco**

We may not be back at Studio 54 but we are bringing disco back to life! Disco dance is for

everyone. Disco is a dance phenomenon that swept the nation in the late 70s. In the outside world you may not fit in, but in disco everyone fits in and is a rockstar. Disco was viewed as more than just music or dancing. Disco was a lifestyle, an image, an identity. Much how we feel about Zumba.

Add moves such as the Roger Rabbit, Robo Cop, Running Man, Electric Slide, Cabbage Patch and you'll bring your students right back to their high school dances.

### **How to spice up you Zumba Class and make it a Zumba Decades Night!**

Spread the word and have your students dress in their favorite era! Make sure you make a statement in your own personal style. If you're going to represent your Malt Shop faves throw on a poodle skirt for you gals or tight jeans and a tee for your men, and you're set! How about

Disco? For a man, accessorise with hats, bow ties and suspenders. You can never go wrong with the three piece suit like Travolta wore in Saturday night Fever. For women-throw on a designer dress or psychedelic colorful pieces, jump suits and leotards. Representing the 80's??? Add satin, lace, sequence, neon colors, leg warmers, leather...anything that makes you feel your best and ready to shake it! If the 90's was your time to shine go big and bold with MC

Hammer style pants, backwards hats, neon clothes, crazy patterns and glittery tops. Get a disco ball and colorful lighting to set the mood.

Sticking with Disco? Here are popular Disco moves to incorporate in your class:

1. The Hustle is the best and most famous disco dance move. Take four steps to the right and tap, four steps to the left and tap, followed by backwards and then forwards.
2. 'The Point', as John Travolta did in 'Saturday Night Fever'. Any disco dance move should leave room for hand movements. It is the only way the dance will look complete. Point to your "exits", your neighbor or to your left and right and don't forget to add your own flavor.
3. The Thrust-Thrusting your hips and using pelvic movements from side to side was inspired by Latin American dances. As are the hand movements, hip movements also form the signature step in disco dance.
4. The all-famous Butt Bump, is the easiest disco dance move to perform. The butt bump, performed with a partner, is a perfect dance filler. Jump to the side, connect hips with your neighbor and again on the other side with another neighbor.
5. Box Step is a well-known disco dance move. Step out to your right, cross over with your left leg, step back with your right leg and then out with your left. Repeat and switch sides.
6. Hand and shoulder movements are key to disco dance. Circling the hands and arms and tilting the shoulders side to side give your disco dance flare.

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Application of the Zumba® Formula

As illustrated in your Basic Zumba training, manual and ZIN volumes we will be applying Zumba formula to all our dances. We will practice them, cue them, and make it so you can bring them right into your classes confidently.

### Choreo notes:

Time permitting we will get through as many of these as we can in the break down section of the session. All songs can be found on iTunes.

### Song: Boogie Woogie Bugle Boy      Artist: The Hit Crew

Intro: twist

Verse: triple step rock back side to side. Add more flare to the arms once students have footwork down.

Tag: "He's in the army now..." twist up with arms flicking out to the sides for 8 counts, Bop side to side for four.

Verse:

Tag:

Verse 2: "A root, a toot..." kick S S D

Tag:

accapella: slow arms rolling up and down dramatically with the music

Verse:

Tag:

Verse 2:

Tag:

Bridge: twist

Verse:

Tag:

Verse 2:

Tag:

### Song: Moulin Rouge      Artist: Remake from Moulin Rouge Sountrack

Intro:

Verse: step turn cha cha cha, cha cha cha, cha cha cha, pivot turn repeat "creole lady marmalade" reach arms up L R pull down crossed at the hips, uncross and slide down side.

Chorus: turn to the side and pop hip up and down for four. Switch sides and repeat.

Tag: "voulez vous coucher avec moi" bounce back rolling arms back

Verse:

Chorus:

Tag:

Rap: S S knee. Hold and double twist. Repeat.

"marmalade" arms twisting up and down slowing accenting music

Verse:

More more more more: snake side to side

Verse:

More more more more

Chorus:

Tag:

Outro: hip swivel side to side

### **Song: Boogie Wonderland**

**Artist: Earth Wind and Fire**

Intro: demo chorus half tempo

Chorus: triple step forward with "chop suey" hands. Hold and roll arms up by upper corner. Punch out and down four times on accent of music stepping back.

Verse: grapevine and hold tapping back twice with the foot. Repeat.

Chorus:

Verse:

Bridge: lean back and to the side with arms flowing up like streamers

Chorus:

Verse:

Outro: step touch til end

### **Song: Love Keeps Lifting Me Higher**

**Artist: Jackie Wilson**

Intro: toe taps

Verse: jazz square, toe tap for four

Chorus: samba basic step arms go up on "higher and higher"

Verse:

Chorus:

Bridge: Samba cross 4, 2, 2, back to the other side 4, 2, 2,

Verse:

Chorus:

Chorus:

### **Song: Tush**

**Artist: ZZ Top**

Intro: step touch. Playing air guitar

Verse: cross step 123 switch sides cross step 123 switch sides cross step 123. Hold step touch with arms swinging up. Stop and hold body roll to the side.

Tag: arms out in front one at a time-body turned to the side. Reach up and body roll down. Then booty run back.

Verse:

Tag:

Bridge: heels forward back- D D S S S switch sides. repeat

Bridge 2: chug step forward L and R step backward for four

Verse:

Tag:

Bridge 2:

End: guitar solo

### **Song: Come baby**

**Artist: K7**

“Bounce”: sitting in a squat type position. Arms are on your thighs and you bend and circle with your body.

Intro: triple bounce side to side. Arm is up and hitting to the side.

Bounce:

Verse: D S S knee. Make the double a twist, hip pull

Come baby come: shake it forward and back. Repeat.

Intro:

Verse:

Come baby come:

Intro:

Bounce:

Verse:

Intro:

Bounce:

Come baby come:

Come baby come: