



SESSION HANDOUT

Flamenco Fever

Fabio Barros

ZIN Member, USA

SESSION HANDOUT

Presenter

Fabio Barros

Schedule

10 min: Intro
10 min: Preview (1-2 songs)
10 min: History
20-30 min: Breakdown of steps
45 min-60 min: Class
10 min: Wrap up/ Q&A
(Total: 2 hours)

Session Objective

Learn how to use and modify flamenco movements in a Zumba Class. Create your own routines with intense upper body, arms movements and some fiery foot work.

History & Background

Flamenco is a style of dancing characteristic of the Andalusian Gypsies (southern Spain). *Baile*, or dance, has been the dominant element of flamenco since the 9th and 14th centuries, though it is never performed without accompaniment. Essential to traditional flamenco is the *duende*, an intensely focused, trancelike state of transcendent emotion. It is usually enhanced by rhythmic hand clapping and encouraging interjections (*jaleo*) from fellow performers.

2014 ZUMBA INSTRUCTOR CONVENTION

Application of the Zumba® Formula

Create your own routines with intense upper body, arms movements and some fiery foot work using the Zumba Formula as a base

Basic Steps & Variations

Gipsy Rumba Basic
Flamenco Rumba Basic
Flamenco Side Travel
Flamenco Side to Side
Sevillanas Turn
Clock Movement

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
Loco by Teen Angels	Rumba	Itunes
Quando Hieres a una Mujer by India & Ivy Queen	Rumba/Salsa	Itunes
Bailando by Gente de Zona Ft. Descemer Bueno	Rumba	Itunes
Que Linda Morena by Area 305	Rumba	Itunes
Rumbapa ("Father of Rumba") by Hossam Ramzy & Rafa El Tachuela	Rumba/Belly Dance	Itunes
Amor Gitano by Rorarni	Gypsy Rumba	Amazon
Bum Bum by Antonio Carmona	Pop Rumba	Itunes
Quiéreme by El Barrio	Gypsy Rumba	Itunes
Cordoba - Fiery Flamenco Fusion by Gypsy Flamenco Masters	Rumba/Tanguillo	Itunes
Bendita by Wadalupe	Rumba/Tanguillo	Itunes