



SESSION HANDOUT

French Fusion

Clotilde Martin

Zumba Education Specialist, France

SESSION HANDOUT

Presenter

Clotilde Martin

Schedule

10 min: Intro

60 Min: Master class

30 min: Breakdown 2 routines

20 min: Class

10 min: Surprise Wrap up/ Q&A

(Total: 2 hours)

Session Objective

This session will help ZIN™ Members to:

- Bring a fun and fresh flavor to their Zumba® classes
- Learn and feel different flavors of dance
- Mix different cultures including Hip Hop, Ragga, Reggaeton, R&B, & Electro
- Discover new artists and Incorporate routines and moves into their Zumba® fitness classes

History & Background

The « French Fusion » Session will use French and Internationals Artist Hip Hop, Rap , Ragga , dance hall, reggaeton

Hip Hop: "Hip hop" is the combination of two separate slang terms: *hip*, used in African American English as early as 1898, meaning "aware" or "in the know", and *hop*, for the hopping movement. [Hip hop was born in the South Bronx and Harlem in New York City
Artist: Maitre Gims/Nicki Minaj/Stromae / wallen

Rap: Rap is a form of vocal expression belonging to the cultural movement of hip-hop. Rap began in France in 1980.
Artist: Nicki Minaj/ Lord kossity /NTM

Ragga: Raggamuffin music, usually abbreviated as ragga, is a sub-genre of **dancehall** music or reggae!
Artist: Rickman/belmondo / olivier Martelly / colonel Reyell!

R&B: Contemporary R&B, also simply known as R&B, is a music genre that combines elements of rhythm and blues, soul, funk, pop, hip hop and dance.
Artist : Matt Houston

Electro: Electronic music is music that employs electronic musical instruments and electronic music technology in its production!

Artist: stromae

Reggaeton: Reggaeton: blends musical influences of Jamaican dancehall and Trinidadian soca with those of Latin America, such as salsa, bomba, Latin American hip hop, and electronica. Vocals include rapping and singing, typically in Spanish. Lyrics tend to be derived from hip hop.

Application of the Zumba® Formula

The songs that we are going to use in this session were choreographed by using the Zumba® Formula to make it easier for you to learn it and take it to your classes

Choreo Notes

Choreo notes will be available during the session.

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
Shelly Ann by colonel Reyel	RaggaMuffin remix	Itunes
Good Time by Bel Mondo	Ragga	Itunes
Sexy Boom Boom by Lord Kossity	Hip Hop Rap	Itunes
Stupid Hoe by Nicki Minaj	Hip Hop	Itunes
Lynnsha	R&B	Itunes
Twist K14 by Matt Houston	R&B	Itunes
Willy up y Rickman	Dancehall	Itunes