



# SESSION HANDOUT

## HIP HOP TURN UP

**Gina Grant & Dahrio Wonder**

Zumba Education Specialist, USA & Entertainer, USA

## SESSION HANDOUT

### Presenters

Gina Grant & Dahrio Wonder

### Schedule

- 5 min: Intro
- 20 min: Groove Section (basic step breakdown)
- 10 min: Stack the Groove (put it all together)
- 25 min: Breakdown of routines
- 55 min: class
- 5 min: Wrap up/ Q&A

### Session Objective

**Our objective is to give you a refreshing vibe of hip-hop dance so that you will be able to #TURN UP the party in your existing classes!**

- Learn how to use new steps and rock with different beats of hip-hop for creating exciting and innovative classes.
- Learn how to personalize and add your own flavor to the rhythm.

### History & Background

Hip hop is a culture consisting of lifestyle, music, dance and fashion. It started in the late 70's in the streets and clubs with rapping, dancing, "mc-ing" and dj-ing in the Bronx. Countries around the world have adopted the hip hop culture. Hip hop reigns supreme as one of the most influential genres of our time.

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Application of the Zumba® Formula

For the Hip Hop routines that you will create for your classes, you will need follow the Zumba® Formula that you learned in your B1 training. The Zumba® formula is the key to a successful class and should always be applied even when incorporating new dance styles such as Hip Hop.

## Choreo Notes

<b>Song Name</b>	<b>That's Right</b>	<b>Ciara &amp; Lil Jon</b>
<b>Song Part</b>	<b>Choreo notes</b>	<b>Notes</b>
Intro	Claps	
B section	Step Stomp	Lil Jon
Verse	Rock/Roll alternating sides	Ciara starts singing 😊
Chorus A	Kick side ball change w/ arm variation	
Chorus B	Skip/kick Throw	
Verse	Rock/Roll alternating sides	Ciara starts singing 😊
Chorus A	Kick side ball change w/ arm variation	
Chorus B	Skip/kick Throw	
RAP	Cross/Party Hips (circle hit)	
Chorus A	Kick side ball change w/ arm variation	
Chorus B	Skip/kick Throw	
B Section	Skip/kick Throw	Lil Jon

## Recommended Music

<b>Name of Song</b>	<b>Artist</b>
That's Right	Ciara
I Go to Work	Kool Moe Dee
BOB	Outkast
On to the Next One	Jay Z
Break Yo Neck	Busta Rhymes
Bubble Butt	Major Lazer
2 On	Tinashe
Come Get It	Pharell
Twisted	Usher
It's Goin' Down	Yung Joc
2AM	Adrian Marcel