



# SESSION HANDOUT

## Hip To Strip™

**Ann Saldi**

Zumba Education Specialist, USA

## SESSION HANDOUT

### Presenter

Ann Saldi, Zumba Education Specialist

### Schedule

10 min: Intro  
10 min: History  
30 min: Breakdown of steps within each song.  
60 min: Class  
10 min: Wrap up/ Q&A  
(Total: 2 hours)

### Session Objective

- Learn how to provide a unique, safe and effective form of cardiovascular/flexibility training.
- Learn the Core Moves and combinations based on the art of Striptease.
- Overcome insecurities .....and walk away with CONFIDENCE.
- Participants will leave with Choreography to take home and apply immediately into their already existing classes.

### History & Background

Antecedents of modern striptease include ancient Greece, geishas of Japan, belly dancers of Arabia and a variety of dancing and singing strumpets found throughout history. Modern titillation and tease were perfected in the 1860 music halls of Paris and London. As the 1960's progressed and the sexual revolution, civil rights movement and women's rights movement and freedom of speech movement gained momentum, striptease became more mainstream and moved into districts in most cities worldwide. As striptease became more worldwide it influenced popular dance by introducing sensual and erotic body movements.

In this session you will be given modifications for each song. You can use the choreography as is or you can modify it to accommodate the needs of your students.

**MUSIC THAT PUTS THEM IN THE MOOD:** In this session you will be exposed to ALL DIFFERENT rhythms that can be made sexy.

“Ideal Body Image”...what is that!?. Media throws that at us all the time.

Empowering and Sexy = Confidence. Does it get any better than that??



## 2014 ZUMBA INSTRUCTOR CONVENTION

### Application of the Zumba® Formula

Application of the Zumba Formula is a must when choreographing sexy songs. Remember, the Zumba formula is Music, Core Steps and Choreography. **MUSIC:** Find music that motivates you and makes you feel sexy. Memorize it!! **CORE STEPS:** Use some of the core moves of striptease and make sure to give variations. **CHOREOGRAPHY:** Identify the parts of the song. Chorus, Verse, Breaks etc...

### Basic Steps & Variations

Hip Circles  
Beyonce Walk  
Hanky Panky Spanky  
Bad Girl Grind  
The Towel Tease

### Choreo Notes

Will have Choreography Notes on PPT.

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**