



# SESSION HANDOUT

## Latin Pop

**Lindsey Taylor**

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### Presenter

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### Schedule

5 min – Welcome  
55 min – Breakdown  
55 min – Master Class  
5 min – Wrap Up  
(Total: 2 hours)

### Session Objective

Learn some of the basic, simple and fun movements of the hot pop rhythms. Instructors can use these movements to go along the exciting music that the popular Latin artists release in their classes. Not only are we going to focus on the basic movements, but the feeling and attitude that should accompany this style of music and dancing.

### History & Background

#### RICKY MARTIN

Born in San Juan, Puerto Rico... Ricky Martin began his career as a young member of the group Menudo. Once he reached the age limit of 18 years old, he went out on his own and became a hot solo artist. His first hit song to reach the ears of the US market was Livin La Vida Loca. Ricky Martin was credited to bringing a growing Latin cultural influence into the mainstream of American pop music.

#### ENRIQUE IGLESIAS

Was born in Madrid, Spain to famous singer, Julio Iglesias. While his father was away performing, he secretly pursued a career in music. He borrowed money from his nanny and recorded a demo with one Spanish song and two English songs. He took this demo to his father's former publicist who promoted the demo CD under the stage name Enrique Martinez. Eventually, his hard work and determination paid off as he is now considered one of the best selling Latin artist of all time. He has also been named as, "The King of Latin Pop" and "The King of Dance" according to Billboard.

#### PITBULL

Armando Christian Perez, or the artist we know as Pitbull, was born in Miami, FL to Cuban parents. He chose his stage name because of the description of the Pitbull. He explain to many about why he chose the stage name Pitbull, he said "They bite to lock. The dog is too stupid to lose. They are outlawed in Dade County. It's been a constant fight. They are basically everything that I am". Pitbull focused his career on rapping upon his graduation of high school and since

then has collaborated with several artists to create many chart-topping songs. “Give Me Everything”, the second single to be released on his Planet Pit album in March of 2011, was his first single to reach the top of the Billboard Hot 100.

### **JLO**

Was born in Castle Hill, NY (The Bronx). She got her start as a dancer on the television show, In Living Color. Her first big break was playing the title role in the film, Selena. Her first album was released in 1999 containing the hit song “If You Had My Love” went platinum in just two weeks. She is a credited dancer, actress and singer that has sold over 25 million albums worldwide. She, along with Ricky Martin, is one of the most influential examples of the growing Latin cultural in pop music.

### **SHAKIRA**

Shakira was born in Barranquilla, Colombia. She was found singing, dancing and performing at home on her kitchen table as a young girl. Her classmates referred to her as the “The Bellydancer girl”. Although her schoolteachers said she sounded like a goat, Shakira pursued her music career. With several albums and singles released over the years, she has now become the highest selling Colombian artist of all time. As we all know, her song Waka Waka (This Time for Africa) was chosen as the official song for the 2010 FIFA World Cup and became the best selling World Cup song of all time.

## **Application of the Zumba® Formula**

For the Latin Pop routines that you will create in your classes, we will still follow the Zumba Formula that you learned in your B1 training. As we bring in the House, Urban Movement and Wacking styles of dance into our Latin based class, it will be important to maintain the consistency of the Zumba formula. Another important point will be to make sure that you class still maintains a good MIX of rhythms including the basic rhythms that you learned in B1 like Merengue, Salsa, Cumbia, Reggaeton and of course the many other Latin and international rhythms. A good guideline may be to only use 1 or 2 of these types of artist/songs to your class.

## **Basic Steps & Variations**

### **House is a FEELING.**

House dancing started to get noticed in the early 80's. The roots for house can be traced to the clubs of New York and Chicago. The main elements of this type of dance include footwork, jacking and lofting. House music and dancing was born from the disco era... from the strong pounding beats.

One of the main elements of house dancing is “jacking”. It is a base movement that is moving the torso with a type of rippling effect. Chicago is known for originating the Jack, which comes from the body grooving to the harder sounds of early Chicago house. Another common move is called the farmer, which we will learn today.

Many house dancers began as bboys. But as they got older, they appreciated more the beauty of dancing, and not just doing please stunts. So a true house dancer might say “Well, you can do tricks, but can you dance?”

<b>FARMER</b>	<b>RONDE</b>	<b>PUMP</b>	<b>GRAPEVINE</b>
<b>JACKS</b> Levels Room popcorn	<b>HALF TEMPO</b>	<b>SSD</b>	<b>DIRECTION</b>
<b>HEEL ROCKS</b>	<b>MODIFIED</b>	<b>ROTATE</b>	<b>4 WALLS</b>

### WACKING / VOGUEING

Waacking could be seen as fairly new to our generation, but as all elements of dance do... it has history. Waacking, as it is referred to was not the original name of this type of dance movement. This type of dance originated in the underground clubs of LA and Hollywood in the 1970's, but was referred to as “punking”. The name waacking came about in the 80's and originated from The Soul Train Dancers, Tyrone Proctor & Jeffrey Daniels of the Outrageous Wack Dancers in 1972 (called this because of the thrusting arm movements).

### Vogueing – Find your pretty 😊

When we say the word Vogue... who do you think of? Madonna! Of course, because Vogueing was made popular thanks to this diva! However this dance style made its debut before Madonna made it ever so popular. This type of dance used to be a non-aggressive battle between two feuding individuals – who chose to dance instead of using violence. The name came about because these people would imitate the lines and flexibility of model poses seen in fashion magazines, such as Vogue Magazine.

**So... What's the difference???** Both dances became popular in the 70's. Waacking in the early 70's on the WEST coast, and vogueing in the late 70's on the EAST coast.

<b>ARMS</b>	<b>BUTTERFLY</b>	<b>FACE</b>	<b>COMBO</b>
<b>WAACK ARMS</b>	<b>WRIST ROLL</b>	<b>UP/OUT/DOWN</b>	<b>ADD FEET IN/OUT</b>
<b>POSES</b>	<b>HIGH</b>	<b>MIDDLE</b>	<b>LOW</b>
<b>DUCK WALKS</b>	<b>IN PLACE</b>	<b>FORWARD/BACK</b>	<b>GET LOW</b>
<b>WAACK MOVE</b>	<b>ARMS OUT</b>	<b>FEET OUT</b>	<b>ALL COME TOGETHER</b>

DON'T FORGET TO BE – Strong Sexy Confident and FIERCE!  
 URBAN MOVEMENT – Today and yesterday 😊  
 BREAKDANCING:

Most of us who watch this style of dance refer to it as “break dancing”... However, a person who is rehearsed in this style of dance would refer to it as “breaking” or “b-boying”. So... breaking or b-boying/b-girling has four major elements: Top Rocks, floor work, power moves and freezes. A lot of great base movements for our Urban Movement section will come from the TOP ROCKS of breaking.

#### NEW JACK SWING:

New Jack swing became popular in the late 80’s and lasted through the early 90’s. You could find JLO rocking some of these movements as a Fly Girl dancer on the set of In Living Color. This music and dancing was also found on shows such a House Party. Although the music from this era faded out with the onset of POP music, we can still take some of the popular fun movement & add a little Zumba flavor. We are going to refer to these movements that the play steps.

<b>TOP ROCKS</b>	<b>SIDE ROCKS</b>	<b>CHARLIE ROCK</b>	<b>ADD SQUATS</b>
<b>KICK SIDES</b>	<b>+DBL BOUNCE</b>		<b>STEP BACK/TWIST</b>
<b>BASIC SIDE STEP</b>	<b>ADD ARMS</b>	<b>DIRECTION</b>	<b>RYTHMN</b>

#### PLAY STEPS:

1. Two step
2. Heel Rock
3. Knee ups
4. Cross out roll
5. Snake
6. Any kind of booty bump, shake, twist or body roll

### Recommended Music

#### Ricky Martin

Cup of Life  
 Livin La Vida Loca  
 She bangs  
 I don't care

#### SHAKIRA

She Wolf  
 Loca  
 Rabiosa

#### ENRIQUE

Tonight I'm Lovin You  
 I Like It  
 I Like How it Feels

Dirty Dancer

PITBULL

Shake Senora

Something for the DJ's

Rain Over Me

Fuego

Bon, Bon

International Love

Don't Stop the Party

Drinks for You

I'm Off That

11:59

JLO

On the Floor

Follow the Leader

Goin In

Dance Again

Live it Up

Papi

Let's get loud