



SESSION HANDOUT

LATINTRONIKA

Melissa Mastroeni-Kirkwood (**meli**)

Zumba® Jammer, California, USA

PRESENTER

Melissa Mastroeni-Kirkwood (meli)

SCHEDULE

12 MIN: Intro & History of LatinTronika
18 MIN: Warm Up & Preview of LatinTronika Songs
35 MIN: Breakdown of Steps
45 MIN: LatinTronika Experience: THE CLASS!
10 MIN: Wrap up/ Q&A

TOTAL: 2 HRS OF LATINTRONIKA!

SESSION OBJECTIVES

- 1) Learn about the history and influence that has been happening since the 90's from Mexico to Buenos Aires and the contribution in the creation of the different rhythms.
- 2) Identify each of the new rhythms and artists that have evolved by this contribution.
- 3) Along with our Zumba Basics Steps we can create a more dynamic and fitness-oriented class by utilizing the speed and feeling of the Electronic beat.
- 4) LatinTronika is great fusion of rhythms for creating a HIIT Class (High Intensity Interval Training) that will take your participants to a different fitness level by utilizing basic functional training fitness theory plus our B1 and B2 core steps.

HISTORY AND BACKGROUND

History of Electronica: Electronica took benefit from advancements in music technology, especially electronic musical instruments, synthesizers, music sequencers, drum machines, and digital audio workstations. As the technology developed, it became possible for individuals or smaller groups to produce electronic songs and recordings in smaller studios, even in project studios. This led to a period of creative experimentation and the development of new forms, some of which became known as *electronica*.

History of Latin Electronic: Movement that combines Electronic music with Latin American music influences that started at the end of the 1990s. Specific scenes like Digital Cumbia and Nortec developed around Buenos Aires and Tijuana, respectively, but this also encompasses a wider array of genre mixtures.

Genres Developed in Latin Electronic

Digital Cumbia or "**nu-cumbia**" refers to a global movement of electronic music producers such as Toy Selectah, Copia Doble Systema, Frikstailers, Cumbia Dub Club (CDC), Bomba Estereo, and El Hijo de la Cumbia who mix Cumbia traditional rhythms and samples with electronic music styles. The style varies greatly, incorporating influences from genres such as Dancehall, Hip-Hop, Moombahton and Electronica. Notable labels include Generation Bass, ZZK Records, Mad Decent, Terror Negro Records, Bersa Discos and UrbanWorld Records.

- Experimental Digital Cumbia Artists include: El Remolon, ElMayonesa, Joyce Muniz, Chancha Via Circuito, El Hijo de la Cumbia, Masterblaster, Javier Estrada. **Use these artists for: a break, cool down, or something fun since is hard to follow formula.**
- Main Stream Digital Cumbia Artists include: Bomba Estereo (Song: Fuego), BIP (Song: Electro-Cumbia), LeDoom (Song: CumbiaTron), El Dusty (Song: Te Ves Buena). **Use these artists for: Cardio + Toning (arms and legs)**

Electro-Tango a further development of Tango Nuevo genre, electrotango combines Tango rhythms and melodies with Electronic music. Electrotango bands use live instruments associated with tango (such as bandoneón, violin and double bass) along with synthesizers, drum machines and samplers.

- Instrumental Electro-Tango Artists (and pioneers of this genre): Bajofondo, Tanghetto and Gotan Project, among others. **Use these artists for: repetition of movement (memory), breaks, balance, challenges.**
- Main Stream Electro-Tango Artists include: In-Grid (Songs: Tu Es Foutu, In-Tango), Zoe (Avec Toi) Bajofondo and Friends (Julieta Venegas: Pa'Bailar and Gustavo Cerati: El Mareo). **Use these artists for: Toning mainly (glutes and legs)**

Latin House is an electronic dance music subgenre that mixes together house and Latin American music, such as that of Mexican, Brazilian, Puerto Rican, Cuban, Dominican and Colombian origin. The interest for this music was maintained constant in 2000s, when this music was represented mainly by House mixes of old popular Latin songs. *Subgenres in this category: Electro-merengue, electro-samba (not funk!) and dance-house*

- Old School Artists for Latin House and Pioneers of this genre includes: Sancocho, DJ Norty Cotto, Fulanito, among others. **Use these artists for: Warm Up Mixes, Cardio.**
- Main Stream Artists in this category include: Juan Magan (literally the creator of Merengue Electronico), Carlinhos Brown and DJ Dero (Electro-Samba), Robert Abigail and DJ Rebel, Kiko Rivera (dance-house). **Use these artists for: Cardio + Toning, get your heart pumping!**

Nortec the name of the genre is a portmanteau of Norteño and Techno but in itself, Nortec is electronic music created by a collection of artists mostly from the US-Mexico border town Tijuana, sampling and synthesizing sounds/beats from traditional Banda Sinaloense and Norteño into a

unique translation of Latin American Music/Modern Mexican Music music into an IDM/House-type form.

- Artists for Nortec: Nortec is still a BRAND new rhythm being developed. The main Artists are a group called: Nortec Collective. **Use this rhythm as a fun break of styles in your class. Cardio (Aerobic State).** *Sometimes this rhythm doesn't meet formula so be careful when selecting the songs.*

Tribal Guarachero like Nortec and Digital Cumbia, tribal attempts to mix traditional Latin American Music and Native American Music music with House and Techno influences. The genre uses pre-Hispanic music and Cumbia backed up by a House beat and Dutch House-like synths. Created in Mexico City in the mid-2000s, the genre developed in Monterrey with 3Ball MTY (the first tribal act to get a major label contract) and the support of Toy Selectah.

- ONE OF THE NEWEST RHYTHMS OUT THERE!. Artists for Tribal Guarachero: 3BallMTY, El Pelon J King y Maximan (latest album). **Use this rhythm: Full Cardio Blast! (Anaerobic State)!**



Application of the Zumba® Formula

ZUMBA Formula: Z=MC²

ZUMBA= Music/Core Steps/Choreography

Music- the savor of the music comes from the creativity, passion, and story that the artists have created.

Core Steps- each rhythm in B1 & B2 has unique feel and authentic inspired steps including variations.

Choreography- music dictates movement. The Zumba Formula takes one of our basic movements in the rhythm of a particular song and matches it to each section of the music whenever that section repeats itself, the same basic movement is repeated as well, so that each musical section has a matching movement.

LatinTronika + Zumba: Basic Steps & Variations

The goal of LatinTronika is to help you achieve an incredible intermittent training by utilizing the Zumba Formula + Zumba Core Steps + Functional Training (The Secret of an EXHILARATING WORKOUT!)

To understand FUNCTIONAL TRAINING is the key for a successful LatinTronika class to create the levels of Exhilaration and utilizing the music to the max. This is also the best way to burn more calories, and create the after burn effect (your body keeps burning calories after workout)

BASIC B1 & B2

Merengue, Salsa, Cumbia, Reggaeton, Soca, Belly Dance, Flamenco, Tango, Samba & Quebradita

FUNCTIONAL TRAINING

5 main functions of daily life: to sit, to reach, to rotate, to push and to pull. Examples:

- **Sit:** Squats & Lunges
- **Reach:** Leg Extensions, Knee Up, Jumps, Jumping Jacks
- **Rotate:** Twists
- **Push:** Mainly Arms (standing)- Salsa 2 step
- **Pull:** Mainly Arms (standing)- Reggaeton Bounce

When we combine all these elements, we will obtain not only an amazing workout but also a MORE EFFICIENT one with the implementation of the new rhythms!

CHOREO NOTES RHYTHM: TRIBAL

kaliente 3ballmty tribal guarachero itunes			
CHOREOGRAPHY BY ZUMBA® JAMMER MELI			
SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
INTRO			
A (0:00)	Double Heel 4X Heels Alternating	8 x	
B (0:28)	Side to Side Horse Bounce Center	4 x	
C (0:43)	Cumbia 2 Step FWD: 4X Slow, 8X Fast SWITCH SIDES	1 x	
D (0:58)	3 Pendulos and 1 Kick SWITCH SIDES	8 x	
C* (1:13)	Cumbia 2 Step FWD: 4X Fast, 8X Slow SWITCH SIDES	1 x	
B (1:26)	Side to Side Horse Bounce Center	4 x	
D (1:41)	3 Pendulos and 1 Kick SWITCH SIDES FITNESS CHALLENGE!!	16 x	
A (2:10)	Double Heel 4X Heels Alternating FITNESS CHALLENGE!!	8 x	
C (2:38)	Cumbia 2 Step FWD: Slow, SWITCH SIDES	1 x	

CHOREO NOTES RHYTHM: TANGO ELECTRONICO

la morocha boulevard tango club tango electronico itunes & mm41			
CHOREOGRAPHY BY ZUMBA® JAMMER MELI			
SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
INTRO A (0:00)	Leg Out Cross in Front Other leg: leg out cross in front Other leg: leg out cross in front + LEG EXTENSION Move back and fwd same way	12 x	<i>You can let run the song since it starts fast and only do 10 reps instead of 12</i>
B (0:46)	One leg out: side and front 3X (one leg squat) 2 X SWITCH SIDES	4 x	
C (1:17)	Tango Six Count: Out, Cross Back, Other leg Back Out, Cross front, Other leg front	6 x	<i>Reduce the speed to show moves</i>
A (1:32)	Leg Out Cross in Front Other leg: leg out cross in front Other leg: leg out cross in front + LEG EXTENSION Move back and fwd same way	8 x	
B (1:47)	One leg out: side and front 3X (one leg squat) 2 X SWITCH SIDES	1 x	
D (2:03)	Salsa Side to side Center: percussion	4 x	
A (2:19)	Leg Out Cross in Front Other leg: leg out cross in front Other leg: leg out cross in front + LEG EXTENSION Move back and fwd same way	4 x	
C (2:33)	Tango Six Count: Out, Cross Back, Other leg Back Out, Cross front, Other leg front	8 x	
A (2:49)	Leg Out Cross in Front Other leg: leg out cross in front Other leg: leg out cross in front + LEG EXTENSION Move back and fwd same way	12 x	
B (3:20)	One leg out: side and front 3X (one leg squat) 2 X SWITCH SIDES	1 1/2x	

CHOREO NOTES RHYTHM: LATIN HOUSE

love and party joey montana feat juan magan latinhouse itunes			
CHOREOGRAPHY BY ZUMBA® JAMMER MELI			
SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
INTRO			
A (0:15)	Leg FWD Alternate Merengue March Center: CLAP REPEAT	2 x	
B (0:28)	Merengue travel Side 3 X March Center	2 x	
C (0:43)	Travel FWD 2X Alternating Center 4X Travel Back REPEAT	8 x	
D (1:11)	Lunges Forward (Single Slow) S, S, D (Faster)	8x SLOW 4x FAST	
A (1:25)	Leg FWD Alternate Merengue March Center: CLAP REPEAT	2 x	
B* (1:39)	Merengue travel Side 3 X (ADD TURN) March Center	2 x	
C (1:53)	Step Forward (body engaging abs) Alternate legs	4 x	
D* (2:08)	Lunges (FITNESS CHALLENGE) S, S, D	8 x	(naming countries)
A (2:22)	Leg FWD Alternate Merengue March Center: CLAP REPEAT	2 X	
B* (2:36)	Merengue travel Side 3 X (ADD TURN) March Center	4 x	

RECOMMENDED MUSIC

RHYTHM	NAME ARTIST	SOURCE
DIGITAL CUMBIA	<i>Fuego (El Remolon Remix) by Bomba Stereo</i> <i>Tarocchi by Chancha Via Circuito</i> <i>Arikitan by Master Blaster</i> <i>Ponte Bomb by Bomba Stereo</i> <i>Cumbia Nightlife by Joyce Muniz</i> <i>Electro Cumbia by BIP</i> <i>Te Ves Buena by El Dusty</i>	iTunes
LATINHOUSE	<i>Batucada N2 by DJ Dero</i> <i>Merengue by Robert Abigail</i> <i>Quitate el Top by Kiko Rivera</i> <i>Mixturacao by Carlinhos Brown</i> <i>Love & Party by Joey Montana & Juan Magan</i> <i>Festtroni-K by La Fabri-k</i> <i>Te Gusta by Juan Magan</i> <i>El Senor de la Noche by Juan Magan</i> <i>Tumba La Casa by Sancocho</i>	iTunes
NORTEC	<i>Tijuana Bass by Nortec Collective</i> <i>The Clap by Bostich + Fussible</i> <i>Tijuana Sound Machine by Bostich + Fussible</i> <i>Tengo La Voz by Nortec Collective</i>	iTunes
TANGO ELECTRONICO	<i>Codigo de Barra by Bajofondo</i> <i>Tu Es Foutu by In-Grid</i> <i>In- Tango by In-Grid</i> <i>Pa' Bailar by Bajofondo</i> <i>La Gloria by Gotan Project</i> <i>Sweet Dreams by Tanghetto</i> <i>El Mareo by Bajofondo</i> <i>La Morocha by Bulevard Tango Club</i>	iTunes
TRIBAL	<i>Bailalo a lo Loco by Jowell & Randy</i> <i>La Noche esta de Fiesta by J King y Maximian</i> <i>Intentalo by 3ballMTY</i> <i>Aran Chin Chin by Sensato</i> <i>Besos al Aire by 3ballMTY</i> <i>Quiero Bailar by 3ballMTY</i> <i>El Shake by 3ballMTY</i> <i>Cumbia Tribalera by el Pelon del Microphone</i>	iTunes

THANK YOU!

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