



# SESSION HANDOUT

## Mexican Fiesta

### Presenter Name

ZES ELIZA STONE with ZES MEXICAN TEAM (Braulio, Oscar, Cynthia, Banky, Clara and Juan Manuel)

## Schedule

5 min: Introduction

20-25 minutes: Breakdown of Quebradita, Mexican Cumbia, Duranguense and Tribal

5 minutes: Intro the rest of the team (Mexican ZES's)

1 hour and 15 minutes: Mexican Masterclass

Final 10 minutes: Thank you, Q&A and pictures.

(Total: 2 hours)

## Session Objective

•Learn how to use Mexican rhythms to spice up your Zumba® classes by incorporating the basic steps for popular rhythms in Mexico like: quebradita, mexican cumbia, duranguense and tribal.

### MUSIC (ARTISTs USED DURING THIS CLASS)

\*BANDA LA EJECUTIVA

\*SONORA KALIENTE

\*BANDA LOS HERMANOS ARCE

\*LA SONORA DINAMITA

\*K-PAZ DE LA SIERRA

\*SONORA CHEVERE

\*DJ COBRA MEXICAN LOKOS

\*LOS BABIES

\*LOS SHELES

\*PEWEE (PARRANDA ALL STARS)

\*LA SONORA DINAMITA

\*ROY ROSAS

## History & Background

### \*QUEBRADITA:

It first appeared during the 1960s with the band named El Recodo. Since their first recordings they performed cumbia rhythms with a popular orchestra band by the name of Tambora or Banda.

La quebradita became popular in the 1990s by taking the traditional music danced in Sinaloa, Mexico and combining it with techno music and cumbia rhythms.

### Crossing Borders

The Banda Movement swept southern California and the south of the U.S. in the early 1990s. This area is mainly settled by Mexican immigrants, who feel tied to their country through the music. Along with the music and the dance came a specific dress code, the vaquero or cowboy style with jeans, boots and hat.

Accompanied by fun and explosive music, la quebradita is danced with the man holding the woman's waist very tightly and placing his right leg between the woman's legs. Alternating their feet, they move all around the ballroom performing some small jumps or quebradas (the man bends making the woman go backwards with her back straight).

#### QUEBRADITA BASIC STEPS:

1. Quebradita basic
2. Andale Step
3. Qubrada Step
4. Pendulo step

#### **\*MEXICAN CUMBIA**

The history of cumbia in Mexico is almost as old as in Colombia. In the 1940s, Colombian singer Luis Carlos Meyer Castandet emigrated to Mexico where he collaborated with Mexican orchestra director Rafael de Paz. In the 1950s Castandet recorded what many people think was the very first cumbia rhythm recorded outside of Colombia, "La Cumbia Cienaguera." This initiated the cumbia's popularity in Mexico

In the 1970s Aniceto Molina emigrated to Mexico, joined the group from Guerrero, and recorded many famous tropical cumbias. Rigo Tovar became popular with his fusion of cumbia, ballads and rock during this time.

#### Development of Mexican Cumbia

The 1940s through the mid-1960s are known as Colombia's "golden age of cumbia." Colombia's most famous cumbia song, "La Pollera Colorá (The Red Skirt)" helped bring worldwide recognition to the country's folklore.

During the 1940s and 1950s, the Colombian cumbia spread throughout Latin America. Nowadays, the cumbia is popular in Peru, Mexico, and Argentina. Different fusions with the rhythms of diverse countries happened naturally due to the instrumental accompaniment, the accordion. For example, in Argentina, tango music features the accordion and in Mexico, the Norteño Style features the accordion as a main musical instrument.

#### Mexican Cumbia Basic Steps

1. Cumbia basic step (or rock back)
2. 2 steps (travelling)
3. Front and back step
4. Cumbia side to side step



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**\*DURANGUENSE:**

The duranguense step is sometimes mistakenly assumed to have originated in Durango, Mexico. Duranguense began and became popular in Chicago, where many Durango natives reside.

The Kind of Music

Although the style of “the duranguense” is closely related to the “banda sinaloense” and “norteño,” certain characteristics of the music ensemble are different. There are less band players than a “sinaloense band” and the tempo is much faster than a “norteño band.”

Although this musical style most likely originated in Durango decades ago, it wasn't until the first decade of the 21st century that it became as popular as the band music. The group Montez de Durango and K Paz de la Sierra are the most popular Latin music groups in the U.S.

“The Duranguense step” is much faster than other rhythms. It is a mixture of quebradita and merengue, but overall, it has more movement and flavor when moving the hips and the shoulders and is accompanied by air instruments.

This rhythm doesn't represent the Mexican folklore but it is a mixture of the Mexican-American culture.

Duranguense Basic Steps

1. Duranguense basic (march) w/upper body variations
2. Heels (w/turns)
3. V step duranguense
4. 2 steps w/knees

**\*TRIBAL:**

This popular rhythm is the newest trend in Mexico, it started in 2001 but became popular in 2008. It started in Matehuala, San Luis Potosi, later this music became popular in Monterrey, Nuevo Leon. There are now big tribal events all over Texas where there is a big Mexican community.

DJ Erick Rincon has created Tribal music in Mexico and is an Icon in this genre along with the group called 3BALL MTY. Together they created one of the most popular Tribal songs called: Intentalo.

Now you can find Tribal music in the UK, Germany, Japan and Canada among others.

Tribal music is a blend of pre-hispanic, african and cumbia music with an electronic sound. Some people call it “electronic cumbia”

The “pointy boots” are a popular attire among some people in Mexico and Texas while they dance Tribal.

Since this is a new genre, some do combinations of cumbia steps and duranguense but the 2 most common are:

1. Heels w/knees (this is the way they dance guaracha in Mexico) adding arm variations swinging them side to side or taking the hands in front of the face.
2. Feet flat on the floor and moving side to side shaking the hips, free style with the arms. Some of the moves are limited since they use the POINTY BOOTS which are really big and hard for them to move a lot with them.
3. Stomp to the sides is performed moving shoulders up and down or swinging arms side to side. Rhythmic variations will be doing the move double time.
4. Cumbia fwd and back bouncing.

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

Make sure to always follow the Zumba Formula. With Mexican rhythms this should not be difficult because it is often very clear and easy to identify each part of Mexican music (verse, chorus, bridge or musical interlude and breaks)

### **Choreo Notes:**