



# SESSION HANDOUT

## Pop Madness

**Ana Georgescu**

Zumba Education Specialist, RO

## SESSION HANDOUT

### Presenter

Ana Georgescu

### Schedule

10 min: Intro

10 min: Preview

15 min: History

15 min: Breakdown of steps

60 min: Class

10 min: Wrap up/ Q&A

(Total: 2 hours)

### Session Objective

- Learn about the history of pop culture and its influence in our society.
- Learn how to empower your students through your Zumba<sup>®</sup> classes using the link between pop music, memories and emotions.
- Learn how to use new steps and rhythms for creating exciting and innovative classes.

### History & Background

Pop music is a genre of popular music which originated in its modern form in the 1950s, deriving from rock and roll. The terms popular music and pop music are often used interchangeably, even though the former is a description of music which is popular while the latter is a specific genre containing qualities of mass appeal.

## 2014 ZUMBA INSTRUCTOR CONVENTION

### Application of the Zumba® Formula

Please don't forget that Zumba® is a fun and easy to follow dance based fitness program. Remember that we always have to stick to the Zumba® Formula in order to make our students feel successful.

### Basic Steps & Variations

- DIP
- Two steps - nicki minaj style
- T-shuffle
- Hummer
- Kick'n'switch

### Choreo Notes

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
Runaway Baby- Bruno Mars	Pop-Rock	iTunes
Señorita- Justin Timberlake	R&B	iTunes
Play Hard- Ne-Yo/David Guetta/Akon	Electronic/Dance	iTunes
How I feel- Flo Rida	Hip-Hop/R&B	iTunes
So what- Pink	Pop	iTunes
Single ladies- Beyoncé	R&B/Dance-Pop	iTunes
Perhaps- Pussycat Dolls	Jazz	iTunes

Billboard TOP music

MTV Top music