



SESSION HANDOUT

Reggaeton Rebellion

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Presenters

Marcie Benavides and Loretta Bates

Schedule

10 min: Intro
10 min: Breakdown of steps
60 min: Class
5 min: Break
15 min: History
15 min: Breakdown of Choreo
5 min:
(Total: 2 hours)

Session Objective

Objective of Reggaeton Rebellion is to inform ZIN members of the history and current trends in the Reggaeton Genre, and to provide them with fun, easy to follow steps and choreography that they can take back and incorporate into their classes immediately.

History & Background

A. What is Reggaeton?

1. Reggaeton: (also spelled reguetón or reggaetón) is a style of music that gained popularity in the early 1990's. Reggaeton takes elements of Reggae (or Dancehall) "riddims", Latin American Rhythms (Salsa, Bomba, Plena, Bachata, etc), and Hip-Hop and blends them into a unique musical genre with a style of it's own.

B. Where is it from?

1. Panama
 - a. Spanish Reggae (1970's) (El General)
2. Puerto Rico
 - a. Spanish Hip-Hop and Rap (Vico C-Pioneer of Rap en Español/Producer DJ Playero)
(Late1980's/Early 1990's)
 - b. Nuyorican Influences (Reggae/Dancehall)
 - c. Underground (Early-1990's) (DJ Playero)
 - i. Outlaws (February 1995: Drugs and Vice Control Bureau raids in San Juan begin)
 - ii. Perrero & Exploitation of Women

- ii. Outlaws (February 1995: Drugs and Vice Control Bureau raids in San Juan begin)
- 3. Crossover to US
 - a. N.O.R.E. (Featuring Nina Sky and Daddy Yankee) Oye Mi Canto (2004)
 - b. Gasolina-Daddy Yankee (2004)

C. What does it sound like?

- 1. Reggae (Dem Bow)
- 2. Spanish Reggae
- 3. Spanish Hip-Hop
- 4. Hip-Hop
- 5. Reggaeton

D. Reggaeton Now and into the Future

- 1. Subgenres
 - a. Romantiqueo (ie. Estoy Enamorado-Wisin y Yandel)
 - b. Salsaton (ie. Sabor A Melao-Daddy Yankee)
 - c. Cumbiaton (ie. Gordita-Shakira)
 - d. Bachateo (ie. Dile-Don Omar)
 - e. Malianteo (ie. Bajen Pa'aca-Hector El Father)

2014 ZUMBA INSTRUCTOR CONVENTION

Application of the Zumba® Formula

Choreography Breakdown of songs-Each song provided follows and supports the Zumba® Formula.

Basic Steps & Variations

Combinations:

Adicto: Wisin

-Tap forward and back with foot; swing body to opposite side; 2 body rolls

Donde Es El Party: Daddy Yankee

-Inward knee twist both sides; body roll; chest pop

Las Nenas Linds: Jowell & Randy

- Reggaeton Stomp forward 2x; hop in circle for 3



Choreo Notes

Song Name	Adicto: Wisin
Song Part	Choreo notes
Intro	-Breakdown of bridge combination: Tap forward/back swing to opposite side with 2 body rolls -breakdown triple back step
Chorus	-Triple back step 4x (8 counts) -hip sway side to side while raising arms in air, then rolling down body (repeat)
Bridge	Bridge combination
Verse	Reggaeton bounce Single Single Double (with travel) with pulling arms (2 counts of 8) then pull only one arm and travel walking backward for 2 counts of 8.
Chorus	Triple back step 4x (8 counts) -hip sway side to side while raising arms in air, then rolling down body (repeat)
Bridge	Bridge combination
Verse	Reggaeton bounce Single Single Double (with travel) with pulling arms (2 counts of 8) then pull only one arm and travel walking backward for 2 counts of 8.
Bridge	Bridge combination
Chorus	Triple back step 4x (8 counts) -Hip sway side to side while raising arms in air, then rolling down body (repeat)
Bridge	Bridge combination
Outro	Repeat Verse; Repeat Bridge combination

Song Name	Las Nenas Lindas- Jowell & Randy
Song Part	Choreo notes
Intro	Arms up in V cross down in front
Chorus	Two stomps forward, bounce hips to back (4 counts) Two stomps back, bounce hips to back Repeat adding arms
Verse	Two Reggaeton Stomps, shoulder bounce lifting leg and arms in air



	Repeat other side
Bridge	Open leg jump to side; hip circles (4 counts) Repeat other side (4x)
Verse	Two Reggaeton Stomps, shoulder bounce lifting leg and arms in air Repeat other side
Chorus	Two stomps forward, bounce hips to back (4 counts) Two stomps back, bounce hips to back Repeat adding arms
Bridge 2	Hop to side 4 times with arms up in V and crossing down in front (as in the intro) Repeat other side
Verse	-Two Reggaeton Stomps, shoulder bounce lifting leg and arms in air Repeat other side (4 X) -Add directional variation: 2 stomps then hop in circle instead of shoulder bounce
Bridge	Open leg jump to side; hip circles (4 counts) Repeat other side (4x)
Chorus	Two stomps forward, bounce hips to back (4 counts) Two stomps back, bounce hips to back Repeat adding arms
Verse	-Two Reggaeton Stomps, shoulder bounce lifting leg and arms in air Repeat other side (4 X) -Add directional variation: 2 stomps then hop in circle instead of shoulder bounce
Chorus	Two stomps forward, bounce hips to back (4 counts) Two stomps back, bounce hips to back Repeat adding arms
Verse	-Two Reggaeton Stomps, shoulder bounce lifting leg and arms in air Repeat other side (4 X)
Bridge 2	Hop to side 4 times with arms up in V and crossing down in front (as in the intro) Repeat other side
Outro	Open leg jump to side; hip circles (4 counts) Repeat other side (2x)

Song Name	Como Curar-Zion & Lennox
Song Part	Choreo notes
Bridge	Kick, Kick triple step fast Repeat-adding arm flicks in air opposite arm with leg that is kicking
Chorus	Side step each side (1,2,3,4); hold for 5,6,7,8, with hip circles
Verse	Hop and step with one foot forward adding a hip twist 7x on last one hold with a hip circle, repeat 2x
Verse/Chorus	Side step each side (1,2,3,4); hold for 5,6,7,8, with hip circles Repeat placing hands on hips



	Repeat turning in a circle on 5,6,7,8 Repeat turning in a circle on 5,6,7,8 placing hands on head
Verse	Hop and step with one foot forward adding a hip twist 7x on last one hold with a hip circle, repeat
Chorus	Side step each side (1,2,3,4); hold for 5,6,7,8, with hip circles Repeat placing hands on hips Repeat turning in a circle on 5,6,7,8
Bridge	Kick, Kick triple step fast Repeat-adding arm flicks in air opposite arm with leg that is kicking
Chorus (instrumental)	Side step each side (1,2,3,4); hold for 5,6,7,8, with hip circles Repeat placing hands on hips Repeat turning in a circle on 5,6,7,8 Repeat turning in a circle on 5,6,7,8 placing hands on head
Outro	Hop and step with one foot forward adding a hip twist 7x on last one hold with a hip circle

Song Name	Donde Es El Party-Daddy Yankee
Song Part	Choreo notes
Intro	Slow Breakdown of combination: knee, knee, body roll chest pump (2x) Repeat tempo (2x)
Chorus	Side step each side (4 counts) hold center with hips(4 counts) (2x) Repeat adding arms swinging to each side snake arm down with hips
Verse	Knee lifts (2 8 counts) add arms of down, down, up, up (2 8 counts)
Verse 2	combination: knee, knee, body roll chest pump (4x)
Chorus	Side step each side (4 counts) hold center with hips(4 counts) (2x) Repeat adding arms swinging to each side snake arm down with hips
Verse 2	combination: knee, knee, body roll chest pump (4x)
Verse	Knee lifts (2 8 counts) add arms of down, down, up, up (2 8 counts)
Chorus	Side step each side (4 counts) hold center with hips(4 counts) (2x) Repeat adding arms swinging to each side snake arm down with hips
Verse 2	combination: knee, knee, body roll chest pump (4x)
Verse	Knee lifts (2 8 counts) add arms of down, down, up, up (2 8 counts)
Outro/Chorus	Side step each side (4 counts) hold center with hips(4 counts) (2x) Repeat adding arms swinging to each side snake arm down with hips

Song Name	Rompe-Daddy Yankee
Song Part	Battle Song
Intro	Time to get on the floor and split the crowd
Chorus	-Step and pull opposite arm and leg forward (2 counts of 8) Booty shake backwards

	-Other side of the room repeats the same thing
Verse	Reggaeton Bounce forward (2 counts of 8) Booty shake backwards -Other side of the room repeats the same thing
Chorus	-Step and pull opposite arm and leg forward (2 counts of 8) Booty shake backwards -Other side of the room repeats the same thing
Bridge	Destroza turning to back, popping booty towards other side of the room -Other side of the room repeats the same thing
Verse	Knee lifts punching down; other side repeats
Chorus	-Step and pull opposite arm and leg forward (2 counts of 8) Booty shake backwards -Other side of the room repeats the same thing
Verse	Reggaeton stomp forward; other side repeats
Outro	Sexy walk to other side of the room (switching sides)

Recommended Music: Loretta's Songs

Name of Song

1. Adicto-Wisin
2. Las Nenas Lindas- Jowell & Randy
3. Como Curar-Zion & Lennox
4. Donde Es El Party-Daddy Yankee (feat. Farruko)
5. Si Te Pego Cuerno-Farruko (Feat. Mozart)
6. Rompe-Daddy Yankee (Battle song)
7. FYI-Busy Signal