



SESSION HANDOUT

Russian Passion

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Presenter

Natalia Bull

Schedule

10 min: Intro
10 min: Preview (1-2 songs)
10 min: History and Origin of the Russian Rhythms
20-30 min: Breakdown of steps and practice
45 min-60 min: CMaster lass
10 min: Wrap up/ Q&A
(Total: 2 hours)

Session Objective

- Learn how to use new steps and rhythms for creating exciting and innovative classes.
- Learn how to modify or intensify the moves and how to personalize and add your own flavor to the rhythms.
- Learn how to make your class full of exiting surprises for your class participants
- Have FUN!!!!!! Connect with international ZIN members

History & Background

Russia, is the biggest country in the world by territory. It well known for its cold weather and for spanning over 8 time zones. Lots of people commonly think of Russia as bears and vodka but it's so much more than that!

We have amazing, talented hard working and passionate people who live in our country. Russia has some of the most famous ballerinas, cosmonauts, musicians, writers, and sport champions. Russia is especially passionate about it's dance traditions!

Russian dancing

So, what is Russian dancing? One of our traditional dance formations is called "Horovod"

This dance is performed in a circle with everyone facing each other. It's perfect for Zumba Fitness classes as it creates a social effect. As you remember we did 3 songs in the circle during our master class.

Another type of dance is called "Russian national dancing". Very often music used for this dancing is full of sounds of traditional Russian musical instruments like balalika, garmoshka, accordion, wooden spoons, treshetka and others. For this dancing we have learned 4 basic steps and variations for you to use in your classes. As you remember from your B1 training , Zumba classes are for everyone so we take cultural flavors and simplify them for everyone to be able to follow.

2014 ZUMBA INSTRUCTOR CONVENTION

Application of the Zumba® Formula

So, what is the Zumba Formula?? Correct, $Z=MC^2$

Like in all other rhythms and flavors it's very important that we follow our formula. It's the essence of our program!

Looking at our choreography notes we can see that each song is broken in to parts and we use the same step or movement for each same part of the song. Like in all other flavors you have 4 basic steps to use and of course you can add your own variations and ideas but always follow the formula!!

Basic Steps & Variations

ATTENTION!!!! We have more options and steps this year!!!! But FIRST lets go trough steps we already know!

Basic steps

Step name	arm variations	rhythmic/ directions	fitness variations
присядка presydka	fist presydka	travel to any direction	more intensity just low kicks
ковырялочка koverylochka	fist matreshka	just one side turn it around	ROM leg in the air
подскок podskok	fist clap	forward/back	ROM
русский шаг russian step	up and down platochek	single, single double tap	leap lower

New steps for this year

Step name	Arm variations	Rhythmic/ directions	Fitness Variations
Ручеек Rucheeek	fist open arms	travel Forward/back on the spot F/B	High Knees



Step name	Arm variations	Rhythmic/ directions	Fitness Variations
Шар“Русская Страсть” Russian Rassion step	Tap your knee Tap your heel Clap your hands	on the spot with side travel	ROM

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
Молодой моряк(feat. Баян Микс)	Pop	Itunes
Танго де латино (Bayan MIKS)	Pop	Itunes

Где Была	(Elena Vaenga)	Pop	Itunes
Ты пришла	(Grigory Leps)	Pop	Itunes
Welcome to Russia	(Balagan Limited)	Pop	Itunes
Talianochka	(different artists available)		Itunes
Russians	(Sting)	Pop	Itunes
Russian Lullaby	(Toy-Box)	Pop	Itunes