

SESSION HANDOUT

Stomp to the Beat

**Noelle
Hollis**

ZIN Member, USA

**Bianca
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Zumba Jammer, USA

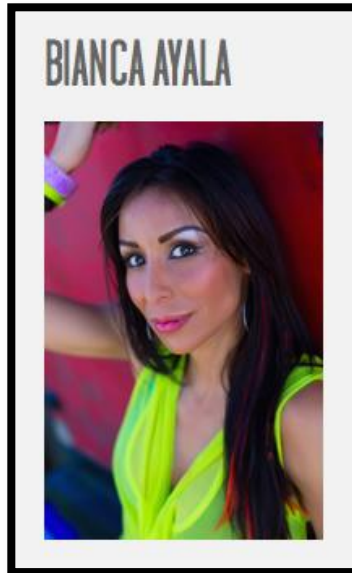
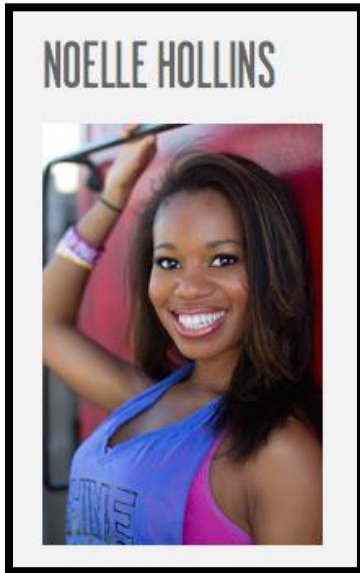
**Alena
Groopman**

Zumba Jammer, USA

SESSION HANDOUT

Presenters

Noelle Hollis, Bianca Ayala & Alena Groopman



Schedule

5 min: Welcome & Introduction
10 min: History of Stepping
10 min: Warm Up
20 min: Core Combos
20 min: 2 Choreography Routines
45 min: Master Class
10 min: Wrap Up, Q&A
(Total: 2 hours)

Session Objective

We will be teaching stepping techniques and simple combinations that ZIN™ Members will be able to incorporate into their Zumba Fitness classes.

- **History:** ZIN™ Members will learn about the history of Stepping, its impact in the collegiate community, and its place in American culture.
- **Basics:** ZIN™ Members will learn how to create basic beat combinations utilizing their body as an instrument.
- **Rhythms:** ZIN™ Members will learn combinations that they can easily integrate into their choreography routines. This integration will ensure that ZIN™ Members will have the option to decide on various intensity levels to make their students successful.

History & Background

Stepping is a form of dance that uses the body as an instrument to create intricate rhythms and sounds through a combination of footsteps, claps, and chants. Stepping became popular in the early 1900s by historically black fraternities and sororities in the United States. These organizations traditionally chanted as a way to celebrate crossing over into membership of the respected organization. Stepping is linked to African culture where the movements empower the energy and give a tribal feel to the performance. Most step routines incorporate or end with a chant or rhythm specific to each organization. Stepping can also be found in churches, schools, cheer, and drill teams. Latin fraternities and sororities started stepping in the early 1980's. Today you will find Salsa, Merengue, and Bachata infused into the routines.

2014 ZUMBA INSTRUCTOR CONVENTION

Application of the Zumba® Formula

Stepping is a form of dance that uses the body as an instrument to create intricate rhythms and sounds through a combination of footsteps, claps, and chants. Utilizing stepping combinations, movements and variations, ZIN Members can create and integrate stepping into Zumba Fitness classes and choreography routines.

The Zumba Formula is $Z = MC^2$ | Zumba = Music, Core Steps and Choreography.

- **Music:** Use B1/B2 rhythm or popular songs.
- **Core Steps:** Use the Step to the Beat Core Steps/Combos and their variations.
- **Choreography:** Use the music to dictate the movements and create/use Zumba choreography that is true to the Zumba Formula.

Basic Steps & Variations

STOMP TO THE BEAT | CORE STEPS & COMBOS

Movement		Arm/Body Variations	Rhythmic/ Directional Variations	Fitness Variations
1. STEP SNAKE CLAP	- Step Front, Snake, Clap - Hit Hit	Step Snake Clap Hit Hit (Lift Knees)	Turn to Side	Lift Knees High Hit Under Leg
2. KICK IT	- Kick Front, Kick Front - Kick Front, Kick Front	Hit-It Push Arms Slap & Flap	Singles Doubles SSD 4 Walls	Knees High Lower with hamstring
3. ROLL & PUMP	- Roll & Pump Roll & pump - Cross, Open, Pump Pump	Roll & Pump	4 Walls	Jump Cross, Open, Pump Pump Pump → Squat
4. SIDE SNAKE STOMP	- Snake Stomp Step - Clap, Heel, Step, Stomp	Snake, Stomp, Step Clap, Heel Touch, Step, Stomp	Face Front	Get Low More Intensity Hamstring Curl
5. STEP CLAP CLAP	- Step Clap Clap - Step Clap Hit	Step Clap Clap Step Clap Hit	4 Walls	Step Clap Hit → Hit and Lift Knee → Clap Under Leg → High Knees Run Run Run



CAN'T HOLD US

MACKLEMORE & RYAN LEWIS FT. RAY DALTON | 4:18

SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
A (0:05)	KNEE BOUNCE Lift knee (engage core) <i>Half tempo – 8x</i> <i>At tempo – 16x</i>	8x/16x	
B (0:19)	COMBO: SNAKE & PUMP and STEP CLAP CLAP Snake & Pull 4x Snake to side, Arm pull down Step Clap Clap (Combo #5) 4x <i>Combo #5: Add Fitness Variations to Clap Clap</i> Variation 1: Step Clap Hit → Add Knee Lift Variation 2: Step Clap Hit → Clap Under Leg	10x	
C (1:25)	CAN'T HOLD US Roll & Pump (Combo #3) 8x Matrix 1x Jump in place 8x	2x	
B (1:51)	COMBO: SNAKE & PUMP and STEP CLAP CLAP Snake & Pull 4x Snake to side, Arm pull down Step Clap Clap (Combo #5) 4x <i>Combo #5: Add Fitness Variations to Clap Clap</i> Variation 1: Step Clap Hit → Add Knee Lift Variation 2: Step Clap Hit → Clap Under Leg Variation 3: Step Clap Hit → Quick Knees 4x	6x	
C (2:30)	CAN'T HOLD US Roll & Pump (Combo #3) 8x Matrix 1x Jump in place 8x	2x	
D (2:57)	STEP IT UP COMBO Stomp Touch Arms: ½ X, ½ X and Z Snake Turn to Side Arms: Z Snake Back 2x Knee Bounce with ¼ turn 4x <i>Half tempo – 2x</i> <i>At tempo – 4x</i>	2x/4x	
C (3:49)	CAN'T HOLD US Roll & Pump (Combo #3) 8x Matrix 1x Jump in place 8x	2x	



RUN THE WORLD (GIRLS) [SINGLE VERSION]

BEYONCÉ | 3:56

SONG PART	CHOREOGRAPHY	REPETITIONS	NOTES
Intro	<i>Preview "A" at half tempo</i>		
A (0:15)	SIDE SNAKE STOMP Side Snake Stomp (Combo #4) 1x Snake Stomp Step 1x Clap Heel Step Stomp	4x	
B (0:22)	PUNCH IT & CIRCLE HIPS 1x Punch It – Punch front/front, back/back 4x Circle Hips – Circle side to side	2x	
A (0:30)	SIDE SNAKE STOMP Side Snake Stomp (Combo #4) 1x Snake Stomp Step 1x Clap Heel Step Stomp	4x	
C (0:38)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
D (0:45)	STEP SNAKE CLAP Step Snake Clap (Combo #1) 1x Step Front, Snake, Clap 2x Hit Knee, Hit Knee <i>Note: Last Hit Knee, Hit Knee - End with jumps 2x</i>	4x	
C (0:53)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
D (1:00)	STEP SNAKE CLAP Step Snake Clap (Combo #1) 1x Step Front, Snake, Clap 2x Hit Knee, Hit Knee <i>Note: Last Hit Knee, Hit Knee - End with jumps 2x</i>	4x	
C (1:08)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
E (1:16)	"SEXY MOMENT" Hip Circles		
A (1:36)	SIDE SNAKE STOMP 1x Snake Stomp Step 1x Clap Heel Step Stomp	4x	
B (1:46)	PUNCH IT & CIRCLE HIPS 1x Punch It – Punch front/front, back/back 4x Circle Hips – Circle side to side	2x	



A (1:53)	SIDE SNAKE STOMP 1x Snake Stomp Step 1x Clap Heel Step Stomp	4x	
C (2:01)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
D (2:08)	STEP SNAKE CLAP 1x Step Front, Snake, Clap 2x Hit Knee, Hit Knee <i>Note: Last Hit Knee, Hit Knee - End with jumps 2x</i>	4x	
C (2:15)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
D (2:25)	STEP SNAKE CLAP 1x Step Front, Snake, Clap 2x Hit Knee, Hit Knee <i>Note: Last Hit Knee, Hit Knee - End with jumps 2x</i>	4x	
C (2:32)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
E (2:40)	"SEXY MOMENT" Hip Circles		
A (3:00)	SIDE SNAKE STOMP 1x Snake Stomp Step 1x Clap Heel Step Stomp	4x	
B (3:10)	PUNCH IT & CIRCLE HIPS 1x Punch It – Punch front/front, back/back 4x Circle Hips – Circle side to side	2x	
A (3:16)	SIDE SNAKE STOMP 1x Snake Stomp Step 1x Clap Heel Step Stomp	4x	
C (3:24)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
D (3:31)	STEP SNAKE CLAP 1x Step Front, Snake, Clap 2x Hit Knee, Hit Knee <i>Note: Last Hit Knee, Hit Knee - End with jumps 2x</i>	4x	
C (3:39)	REGGAETON 2-STEP BOUNCE SSD Add Fitness Variation: Elbow Pull	4x	
D (3:46)	STEP SNAKE CLAP 1x Step Front, Snake, Clap 2x Hit Knee, Hit Knee <i>Note: Last Hit Knee, Hit Knee - End with jumps 2x</i>	4x	