



SESSION HANDOUT

**STREET
MENU**

LISA MARIE & PRINCE PALTU-OB

Zumba Jammer USA & Zumba Education Specialist PHILIPPINES

SESSION HANDOUT

Presenters

Lisa Marie & Prince Paltu-ob

Schedule

- 20 min: Intro/ Warm-up/mini Master class
 - 45 min: History, Interactive breakdown & examples of street styles
 - 10 min: Review
 - 15 min: Rhythmic breakdown/understanding musicality
 - 15 min: Activity: Applying the principles/ Drills Drill Drills!
 - 5 min: Wrap up/ Q&A
- (Total: 2 hours)

Session Objective

- An educational, informative, and historically accurate workshop that focuses on 5 dance styles originated particularly in Urban societies.
- Apply new styles and understand funk/hip hop rhythms
- Participate in several drills

History & Background

Although there are numerous street dance styles, the focus will be on the following:

- Popping
- Locking
- Waacking
- House
- Hip hop

These particular styles are incredibly useful because they have are soulful, energetic, fun and have a great physical aspect to the movement. The moves are naturally cardio intensive and fun to do, Perfect for your Zumba classes

Knowing and understanding the difference in these styles will help you build your classes in several ways

Recommended Music

*clean versions will be used!! ☺

Name of Song	Artist
Chelsea Rodgers	Prince
Let's Work	Prince
High On Your Love	Rick James
Canned heat	Jamiroquai
Come Baby Come	K7
Be Faithful	Batman scoop feat. Faith Evans
Will 2k	Will Smith
D.I.D.D.Y	P Diddy
Now Drop	Timbaland
Bring 'em out	T.I.
Rump Shaker	Wrecks n effects
Hip Hop	Buddha Stretch
Pumps N' a Bump	Mc Hammer
Gypsy Woman	Crystal Waters
Magic Bird of Fire	Salsoul Orchestra
Now that we found Love	Heavy D & the Boys
White Lines	Grandmaster Flash
Planet Rock	Afrikaa Bambaata & Soul Sonic Force
Throwback	B.O.B feat Chris Brown