



Session Handout

Swing Baby Swing!

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Presenter

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Schedule

20 MINUTES- INTRODUCTION/WARM UP CLASS

5 MINUTES- BREAK

15 MINUTES- HISTORY/APPLICATION OF ZUMBA FORMULA/REVIEW OF STEPS

45 MINUTES- BREAKDOWN OF SONGS

25 MINUTES- MASTERCLASS

10 MINUTES- WRAP UP/QUESTIONS/PICTURES

TOTAL- 2 HOURS

Session Objective

The objective of this session is to learn and conquer the basic steps and movements of swing. The goal is for instructors to be able to implement this rhythm into their classes to add that extra flavor and pop. Swing is perfect for Zumba because it is high energy and so much fun! Instructors should leave this session confident that they can implement swing into their classes immediately.

History & Background

Swing dance is most commonly known as a group of dances that developed with the swing style of jazz music in the 1920's-1950's, although the earliest of these dances predate "swing era" music. The best known of these dances is the Lindy Hop, a popular dance that originated in Harlem in 1927 and is still danced today.

Today there are swing-dance scenes in many countries, however each city and country prefers various dances to different degrees. Each local swing-dance community has a distinct local culture and defines "swing dance", and the "appropriate" music to accompany it, in different ways. There are various types of swing dancing, which include the Lindy Hop, Balboa, Shag, Jitterbug, Charleston, East Coast Swing, West Coast Swing, Jive, Hand Dancing, Rock and Roll, and Boogie Woogie. There are also various steps that are

identified with swing. Some of those are truckin', chugging, drunken sailor, and the shorty George.

Application of the Zumba® Formula

When implementing swing routines into classes, instructors should continue to follow the Zumba formula. While swing routines may be fun, new, and exciting, instructors should continue to have a nice mix of rhythms, like those that they learned in B1 and B2 trainings.

Basic Steps & Variations

Steps that will be reviewed:

Basic Triple Step

Truckin'

Chugs

Drunken Sailor

Shorty George

Apple Jacks

Boogie Drop

Suzie Q

Tack Annie

Choreo Notes

ROCKIN' ROBIN

Intro:

Stepping side to side- single, single, double, 3x....hold right, hold left, hip, hip with music

Verse 1:

Triple Step to the right, 2x kick with left, rock back, front, back with left, sway sway. REPEAT TO LEFT

Chorus:

**Chug back, hit right foot with hand 3x, Chug back, hit left foot with hand 3x
Step 2x diagonal front right, 2x diagonal front left, step touch back R,L,R,L**

REPEAT VERSE 1 TO BOTH SIDES

REPEAT CHORUS

Verse 2:

**Step front right foot, triple step back, step back left foot, triple step front
Triple step in place 4x with different style ...3x starting on right, 2x starting on left**

REPEAT VERSE 1 TO BOTH SIDES

REPEAT CHORUS

REPEAT VERSE 2 - 2x on right

REPEAT VERSE 1

REPEAT CHORUS

INTRO TO END

AT THE HOP

Intro:

Flick hands 4x to right, top to bottom, repeat L,R,L, march 4x

Verse 1:

Right foot touch front, side, front, side, small jumps side to side 4x. Repeat on Left. Knee shakes for 8 counts, raise both arms up, side, up, side

Chorus:

Truckin' to the front starting with right leg, 4X. Step back with lean starting with left foot with claps. REPEAT 3X

REPEAT VERSE 1

REPEAT CHORUS

BREAK/INSTRUMENTAL:

Heel toe, twist jump 8 counts side to side starting to right , 3x to each side

REPEAT VERSE 1 – **instead of touches, now kicks**

REPEAT VERSE 1 AGAIN – **now with kicks and jumps are double time (8 instead of 4)**

REPEAT CHORUS

INTRO TO END

LITTLE BITTY PRETTY ONE

Intro:

Walk front and back starting with right, 4 walks each way. Repeat 4x each way. 5th time, walk front 4, sway back and forth. Same to the back.

Verse 1:

Right leg- heel toe heel toe out, heel toe heel toe in. Modified Suzie Q 3x to left. REPEAT OTHER SIDE. Touch front, touch back, pas de bourree , 2x each side.

REPEAT VERSE 1

REPEAT VERSE 1 - **MINUS TOUCHES AND PAS DE BOURREE**



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INSTRUCTOR
CONVENTION

ORLANDO 2014

Intro:

Walk front 4, sway back and forth. Same to the back, 1x each. Walk front 4, tap right, tap left half time. Tap right, tap left double time with flick (left leg). REPEAT TO BACK.

Touch front, touch back, pas de bourree, 4x each side TO END.

RUNAROUND SUE

(sing intro)

Verse 1:

Tap right, tap left, tap right, ball change with claps, alternating leading foot. 8x total (4 each foot)

Verse 2:

3x Apple jacks (right leg). 1 Boogie Drop to right side. 2 finger snaps to bring legs back together. REPEAT COMBO 2x

REPEAT VERSE 1 - ONLY 4X TOTAL (2 EACH SIDE)

VERSE 3:

3 kicks right leg pas de bourree. RIGHT SIDE, LEFT SIDE, RIGHT SIDE. Hold on pas de bourree and then "Elvis moves"

REPEAT VERSE 2 - ON LEFT LEG. ONLY 1X

REPEAT VERSE 1 - ONLY 4X TOTAL (2 EACH SIDE)

REPEAT VERSE 3 - STARTING ON RIGHT SIDE.

REPEAT VERSE 2 - ON RIGHT SIDE.. ONLY 1X

End:

Basic Tack Annie step. Starting with right foot, tap step, tap step, tap step, tap ball change. REPEAT 8x to end.

TWIST AND SHOUT (WITH A PARTNER!)

Step for both people:

STEP 1:

Rock back, triple step, step, step, triple step. Step back pose, triple step, step back pose, triple step. DO COMBO 2x

STEP 2:

Heel ball change heel ball change swivel swivel swivel swivel. REPEAT 4X

REPEAT STEP 1

REPEAT STEP 2

STEP 3 - **MOVING BACK AND FORTH:**

Triple step, triple step, walk, walk walk walk. REPEAT 2x each way.

STEP 4:

Shoulder shake (person 1 leans forward, person 2 leans back) 2x each direction. Hot feet with music!

REPEAT STEP 1

REPEAT STEP 2

REPEAT STEP 1 (cut out 2nd “step back pose” part)

REPEAT STEP 3 TO END

Recommended Artists and Songs:

Artists:

Elvis Presley
Little Richard
Glenn Miller Orchestra
Brian Setzer Orchestra
Cherry Poppin Daddies
The Spitfire Band
Bill Haley and His Cornets

Songs:

Jailhouse Rock- Elvis
Blue Suede Shoes- Elvis
All Shook Up- Elvis
Hound Dog- Elvis
Tutti Frutti- Little Richard
In The Mood- Glenn Miller Orchestra
Jump, Jive an' Wail- Brian Setzer Orchestra
The Dirty Boogie- Brian Setzer Orchestra
Johnny B. Goode- Chuck Berry
Zoot Suit Riot- Cherry Poppin Daddies
Wake Up Little Susie- The Everly Brothers
Sing Sing Sing- The Spitfire Band
Rock Around the Clock- Bill Haley and His Cornets