



**CUSTOMIZED
CHOREO: ZIN™
VOLUMES & YOU**
SESSION HANDOUT

Adriana Carr

Zumba® Education Specialist, USA



LOS ANGELES 2013



LOS ANGELES 2013

2013 ZUMBA® INSTRUCTOR CONFERENCE

Presenter

Adriana Carr

Schedule

15 min: Welcome and Introduction

90 min: Show ways to either simplify or intensify the following rhythms (from ZIN 42) by using the ZIN choreography as a base and adding your own flavor and variations to fit the needs of your students.

30 min: "Del Puente Pa' alla" using the choreography from the Live class

30 min: "Intentalo [Me Prende]" using the choreography from the One-on-One class

30 min: "Give it up" using the choreography from the Live class

15 min: Final wrap up/ Q & A

(Total: 2 hours)

Session Objective

Learn how to use the ZIN volumes as a base 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.

History & Background

Zumba® Fitness provides Zumba® Instructor Network (ZIN™) members with the tools that they need to be successful. One of the unique benefits of being a ZIN member is receiving music and choreography on a regular basis. With each new ZIN Volume, you receive a music CD and a DVD which has two different sets of choreography: a one-on-one breakdown of moves and a demonstration of the song taught in it's entirety, and a live class using the same music with totally different choreography.

Music and choreography are two essential elements which make the Zumba Fitness program unique. The ZIN volumes enhance your music collection with new rhythms and contribute to your Zumba Instructor toolbox of choreography ideas for your class. You may choose to use the choreography "as is", modify the moves to accommodate the needs and abilities of your students, or create your own patterns. However you decide to use the ZIN music or choreography, be sure to add a bit of your own flavor and personality, to make it your own and connect it with your teaching style.

LOS ANGELES 2013

Remember the Formula

Listen to the music and watch the choreography of each ZIN volume. Some songs may initially not be your taste, but once you see the rhythm with the choreography, you may change your mind. There may also be some songs that you may not deem appropriate for the body of your class but they may be well suited as a warm-up or cool-down song. When you are ready to plan your class, remember to adhere to the fundamental principles of the Zumba® Formula. These were the basic concepts introduced in your first instructor training, and it is always important to refer back to them.

Basic Steps and Variations:

ZUMBA® Basic Steps for De Puente Pa' alla			
Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
1.			

ZUMBA [®] Basic Steps for De Puente Pa' alla			
2.			
3.			
4.			

ZUMBA® Basic Steps for Intentalo (Me Prende)			
Movement	Arm Variation	Beat/Rhythmic/ Directional Variation	Fitness/Athletic Variation
1.			
2.			

ZUMBA [®] Basic Steps for Intentalo (Me Prende)			
3.			
4.			

ZUMBA® Basic Steps for Give it Up			
Movement	Arm Variation	Beat/Rhythmic/ Arm Variation	Fitness/Athletic Variation
1.			
2.			

ZUMBA® Basic Steps for

Give it Up

3.			
4.			

Application and use of Zumba® Formula:

THE ZUMBA FORMULA $Z=MC^2$

1. Music
2. Core Steps
3. Choreography

Music

Beto says “memorize your music”!

Give yourself time to listen to each of the songs. Select which songs you wish to use in your class. You do not need to incorporate every song on a particular volume; perhaps only add 2 or 3. Keep some of your other songs; repetition contributes to the success of your students. Changing your entire routine all at once can be overwhelming for you and your students. Consider how many new rhythms will provide them with an exciting challenge yet keep the “party” going. For each of the new songs you select from your ZIN Volume, do the following:

- Listen to and feel the music.
- Identify the chorus, verse/s, breaks, etc.
- If you are experiencing difficulty recognizing the different parts of a song, use the Zumbagram to help you. Draw each part of the song to visually see the structure and the repeating segments.
- Memorize your music.

Core Steps

Watch the one-on-one and live class choreography for each of the songs. Remember that each of your rhythms only needs 3-4 core steps. You can combine core steps from the 2 different versions shown on the DVD, for example, taking 2 steps from the one-on-one class and 2 steps from the live class.

- Use the Zumba® basic steps chart and write down your 3-4 core steps that you have selected.

Choreography

Pay close attention to the variations and the transitional moves in the ZIN choreography. Use the variations as they are taught, or modify or intensify them to meet the needs and level of your class.

- Use arm patterns, beat and rhythmic changes, directional, fitness and athletic variations to enhance the flavor of your movement and help to spice up the choreography.
- Add your own flavor! This is the key component to putting your personality into the move. Make it your own!
- Make sure your transitions are smooth and easy to follow.
- Plan your cues- especially when you introduce new songs or rhythms. This will help your students follow you and feel successful.

Putting it all together

- Practice, practice, practice!