



DANCING THROUGH THE DECADES

SESSION HANDOUT

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LOS ANGELES 2013

2013 ZUMBA® INSTRUCTOR CONFERENCE

Presenter

Kass Martin

Schedule:

20 minutes: Mini warm up class

30 minutes: Break down of popular dances of the 60's, 70's, 80's and 90's to use in your classes right away.

70 minutes: Master Class incorporating moves and rhythms
(Total: 2 hours)

Session Objective

What song choices are you using for your 30% non-international rhythms? Wanting more ideas? Well this is the class for you! In our Dancin' Thru the Decades session, we will be going over our favorite dances of the decades. Spice up your Zumba® class with hits from the 60's, 70's, 80's and 90's. Your students will take a trip down memory lane with songs they used to party to, giving variety to your classes and making you more of a diverse instructor.

History & Background

Malt Shop Era

The music of the 50's and 60's was referred to as the Malt Shop Era, where your favorite radio station was your personal juke box. These great hits brought about fun dances such as the Jitterbug, the Twist, and the Rock and Roll Triple Step.

Disco

We may not be back at Studio 54 but we are bringing disco back to life! Disco dance is for everyone. Disco is a dance phenomenon that swept the nation in the late 70s. In the outside world you may not fit in, but in disco everyone fits in and is a rock star. Disco was viewed as more than just music or dancing. Disco was a lifestyle, an image, an identity. Much how we feel about Zumba.

Add moves such as the Roger Rabbit, Robo Cop, Running Man, Electric Slide, Cabbage Patch and you'll bring your students right back to their high school dances.

Spice up your Zumba class and make it a themed night!

Spread the word and have your students dress in their favorite era! Make sure you make a statement in your own personal style. If you're going to represent your Malt Shop faves throw on a poodle skirt for your gals or tight jeans and a tee for your men, and you're set!

How about Disco? For a man, accessorize with hats, bow ties and suspenders. You can never go wrong with the three piece suit like Travolta wore in Saturday

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night Fever. For women-throw on a designer dress or psychedelic colorful pieces, jump suits and leotards.

Representing the 80's? Add satin, lace, sequence, neon colors, leg warmers, leather...anything that makes you feel your best and ready to shake it!

If the 90's was your time to shine go big and bold with MC Hammer style pants, backwards hats, neon clothes, crazy patterns and glittery tops. Get a disco ball and colorful lighting to set the mood.

Sticking with Disco? Here are popular Disco moves to incorporate in your class:

1. The Hustle is the most famous disco dance move. Take four steps to the right and tap, four steps to the left and tap, followed by backwards and then forwards.
2. 'The Point', as John Travolta did in 'Saturday Night Fever'. Any disco dance move should leave room for hand movements. It is the only way the dance will look complete. Point to your "exits", your neighbor or to your left and right and don't forget to add your own flavor.
3. The Thrust-Thrusting your hips and using pelvic movements from side to side was inspired by Latin American dances. As are the hand movements, hip movements also form the signature step in disco dance.
4. The all-famous Butt Bump, is the easiest disco dance move to perform. The butt bump, performed with a partner, is a perfect dance filler. Jump to the side, connect hips with your neighbor and again on the other side with another neighbor.
5. Box Step is a well-known disco dance move. Step out to your right, cross over with your left leg, step back with your right leg and then out with your left. Repeat and switch sides.
6. Hand and shoulder movements are key to disco dance. Circling the hands and arms and tilting the shoulders side to side give your disco dance flare.

Choreo Notes

HOUND DOG: ELVIS PRESLEY

CHORUS:

booty circle two pulls

HIGH CLASS:

Kick left leg front, kick side, step three times (L R L) repeat on Right side until part ends

INSTRUMENTAL:

Cross front right leg over to left side step cha cha cha then Right side cha cha cha.

Do this 4 times. Shake for 2 counts of 8. Repeat cross step

DON'T STOP TIL YOU GET ENOUGH: MICHAEL JACKSON

MUSICAL INTRO:

circling arms at shoulder height side to side

VERSE:

kick ball change walk and hold-foot tapping. Repeat and walk other side. (Once

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your class gets this step you can add a snake, slide, moonwalk, beto shuffle...whatever you want 😊

CHORUS:

kick 4 times while walking forward and hold during "don't stop til you get enough"

walk back and do the Michael Jackson move-arms reached up and rocking up and down on toes

repeat

MUSICAL PART:

Step touch with arms up at the diagonal pulling down to the opposite side. You can add a Michael Jackson looking kick or turn just have fun with this song. 😊

LET'S GROOVE TONIGHT: EARTH WIND AND FIRE

INTRO:

Grapevine step but hold the first step a little longer before it goes behind so that you are moving with the beats in the song.

LET'S GROOVE TONIGHT:

Single single double knees but don't have it look hip hop. Have it smooth and your arms are slightly waving at your side.

"LET US GROOVE" (chorus)

Charlston 3 times (kick front tap and kick back) "alright" arms disco point up and down. Switch sides

VERSE:

grapevine left hold. step touch right and left. Repeat to the right. Repeat L. repeat R.

"LOSE YOURSELF"

Slide and drag foot 4 counts. tap foot twice and repeat drag on other side.

"LET US GROOVE"

VERSE:

"TELL THE DJ" (drag move)

"LET US GROOVE" repeat.

BRIDGE:

step two to the left and right arms waving above head in a rainbow shape.

YOU SHOULD BE DANCING: BEE GEES

VERSE:

grapevine left hold with a step touch and don't forget the guitar accent (dananah!) repeat R side grapevine with step touch hold...until the next segment.

"WHAT YOU DOING IN THE BACK":

Disco arm rolls L for 8 counts and switch to R side for 8 counts

"YOU SHOULD BE DANCIN YEAH"

Walk forward for 4 counts and then hop for 4 counts. Arms are bouncing at your hips while you walk and then are reaching out and going up while you hop. Once on L side and once on R side.

VERSE:

WHAT YOU DOING IN THE BACK

YOU SHOULD BE DANCING YEAH

WHAT YOU DOING IN THE BACK

YOU SHOULD BE DANCING YEAH

MUSICAL INTERLUDE:

Step touch 8 times. Arms reaching up at diagonal and down to the opposite side.

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Keep step touch while you go crazy on the air guitar part!!!

DANCING WITH MYSELF: BILLY IDOL

INTRO:

Step kick in front.

VERSE:

Step touch 80's style 4 times (left right left right) hop to the left four times while your arms are out in a flexed position and pulling to the side. Repeat right, left, right and left.

CHORUS:

"Dancing with myself" arms are sliding down your chest starting with left hand 8 times. "If I had a chance" - "rocker/head banging" move and then back to sliding down chest

MUSICAL INTERLUDE:

Guitar for four then guitar with arms circling around for four. Do this move two times on the L and two times on the R.

MUSICAL BREAK:

Step kick L R L R. Do this move and travel to the four corners.

Recommended Music

Loving is really my game

Mony Mony

Pretty Fly

Disco Inferno

Hey Mickey

Come on ride the train

Dancing Queen

Soul Man

Let's twist again

You should be dancing

Come on Eileen

Land of 1000 dances