



**ZIN™ JAM SESSION**  
**SESSION HANDOUT**

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Zumba® Jammer, USA



**ZUMBA®** INSTRUCTOR  
CONFERENCE

LOS ANGELES 2013



## LOS ANGELES 2013

### 2013 ZUMBA® INSTRUCTOR CONFERENCE

#### Presenter

Efren Buzzo

#### Schedule

Introduction, Purpose and Format  
Warm Up and Preview  
Song Breakdown – Songs 1 and 2  
ZIN Jam™ Program Key Points  
Networking  
Song Breakdown – Song 3  
ZJ Tip  
Review and Cool Down  
Final Q&A and Thank You  
(Total: 2 hours)

#### Session Objective

Get the moves that get the crowds! Learn several new knockout routines to integrate into your Zumba® classes - superstar steps that will leave your students with a smile. Plus, network with fellow ZIN™ Members, get inspired and benefit from personal feedback - everything you need to be the best instructor you can be.

#### Application of the Zumba® Formula

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 through ZIN Volumes. However, with each new ZIN Mega Mix Volume, you receive a music CD with no choreography. ZIN Jam™ sessions give you choreography to these Mega Mix songs. Music and choreography are two essential elements that make the Zumba Fitness program unique. ZIN Jam™ sessions 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” or use the modifications shown by the Zumba Jammer during the session. However you decide to use the ZIN music and 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.

#### Basic Steps & Variations

Choreography in ZIN Jam™ Sessions uses Basic Steps and their variations as learned in Basic 1 and 2 Trainings.

**Track List**

<b>Song Title</b>	<b>Artist</b>	<b>Genre</b>	<b>Album</b>
Song 1	Medellin Feria de las Flores	Salsa	Zumba Mega Mix 33
Song 2	Segura Na Cintura	Axe	Zumba Mega Mix 33
Song 3	Dekole	Caribbean Soca	Zumba Mega Mix 33
ZJ Tip Song	Shake It (feat. Mr. Vegas & Tony)	Dance	Anane From Anane's World

## Choreography Notes

Song Title 1: Medellin Feria de las Flores - SALSA			
Special Notes: Zumba Fitness Mega Mix 33			
Song Part (Time)	ZJ Choreography Notes	Repetitions	ZIN™ Member Notes
Intro	Salsa Tap	14x	
A 0:09 (Chorus)	Salsa R & L 8x Salsa Cross 8x	2x	
B 0:45 (verse)	Salsa Rock Back 2x Salsa Tap 4x Salsa Rock Back 2x Salsa Tap 2x + 3 hops	1x	
A 0:54	Same as above	1x	

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C 1:12	Salsa 2 Steps	16x	
B 1:30	Salsa Rock Back 2x Knee lift 4x *instead of Salsa tap*	4x	
C 1:49	Same as above	16x	
B 2:07	Salsa Rock Back 2x Knee lift 4x	4x	
D 2:26	Shimmy 8x Hip circle 8x	1x	
A 2:34	Same as above	1x	

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B 2:53	Salsa Rock Back 2x Knee lift 4x	4x	
A 3:10	Salsa R & L 8x Salsa Cross 8x Salsa R & L 8x	1x	
D 3:37 (ending)	Same as above	1x	

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Song Title 2: Segura na Cintura - AXE

Special Notes: Zumba Fitness Mega Mix 33

Song Part (Time)	ZJ Choreography Notes	Repetitions	ZIN™ Member Notes
A 0:22	Samba Basic 1. Ball of the foot 2. Heel of the foot 3. Flat footed	32x	
B 0:23 (Chorus)	Lateral traveling 4x  Reggeaton bounce with push back 4x	Entire sequence repeats 3x  **on the 4x ** Lateral traveling 4x Reggeaton bounce with only one push back then pause	
C 0:44 (verse)	Step out 2x Center 3x steps x or (3x hops) Step out 2x  *Movement gradually changes*	12x	
D 1:19	Lateral Lunge 4x  Quick knee lift in place 6x	4x	

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E 1:40	Forward with arms over head and knees bended 8x  Back with Samba basic 8x	1x	
D 1:52	Lateral Lunge 4x  Quick knee lift 6x *only one time*	2x	
INTRO A 2:04	Same as above  *The whole routine starts over*	32x	
B 2:30	Same as above	4x	
C 2:52	Same as above  *low, arms up + 3x hops for more intensity*	12x	
D 3:27	Same as above	4x	



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E 3:48	Same as above	1x	
B 4:00 (ending)	Lateral traveling 4x Reggeaton bounce with push back 4x Lateral traveling 4x	1x	

Song Title 3: Dekole - Caribbean Soca			
Special Notes: Zumba Fitness Mega Mix 33			
Song Part (Time)	ZJ Choreography Notes	Repetitions	ZIN™ Member Notes
Intro	Step touch	16x	
A 0:14	Knees bent Slow arms together out-center-out 5x  Fast arms together pushing out 6x	2x	

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<p>B 0:28 (Chorus)</p>	<p>2 knee lift 1 quick squat + pause Hips, go to the same side where *knee lift starts* 4x Fast arms together pushing out 6x</p>	<p>2x</p>	
<p>C 0:43 (Verse)</p>	<p>Wave hip 4x  Horse move (knees in) 4x with arms in (or optional) 1. Stirring the pot 2. Riding the horse 3. Michael Jackson arm 4. Cowboy overhead</p>	<p>6x</p>	
<p>B 1:26</p>	<p>Same as above</p>	<p>2x</p>	
<p>D 1:40</p>	<p>V step 2 squats  *first 2 sequence are slow*</p>	<p>6x</p>	
<p>B 2:10</p>	<p>Same as above</p>	<p>2x</p>	

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C 2:25	Same as above	4x	
B 2:53	Same as above	2x	
A 3:07	Same as above	2x	
Ending	Step touch a few times		