

Zumba

Step by Step - DVD

A basic guide of how to break down the moves with Zumba

Learn a total of 24 different steps featured in six of the most popular Zumba Rhythms including Merengue, Calypso, Cumbia, and Belly Dance.

Merengue

March

2 Step – Step together step tap – other way

6 Count – Out, step, together - switch legs

Zumba Shuffle – Feet wide – (Swim arms), (Single, Single, Double) – Switch sides

Salsa

Sidestep – Rock, step, hold together – other way

Forward and Back – Rock forward (Right), step (lt) hold, Rock back (lt) Hold

Travel – Side, together, side, touch – other way

Back – Right back, step, together hold – Left back, step, together hold

Reggaeton

Stomp – Right out, together, left out, together, Right double – other way (Single, Single, Double)

Knee Lift - Right knee up & out, Left knee out & up, Right Knee double – (Single, Single, Double) Bend down leg when you lift knee's

Destroza – Stomp RT & Bend LT going right, throw hip out – switch sides (Travel in a circle)

Bounce - Step (Rotate foot) together step (Rotate foot) tap – other way (Add elbows to twist)

Calypso

Basic – Bounce together, Bounce together (add hips)

Tobago – Tap right, Heel front, Hop to other side – Left tap, heel front, hop to other side

Cross – Basic - but cross over with a bounce (add hips to twist)

Curacao – Step right, step together, step, - step left, step together, step – walk back 4 – right, left, right left

Cumbia

2 – Step – Tap right foot and throw hip, - same to the left (add going in a circle)

Forward & Back – Tap toe forward and toe back, (push hip out when going forward)

Sleepy Leg – Step together 8 times right, 8 times left (back arm on hip, front arm up) (add a turn at the end of 8)

Sugar Cane – squat forward right, center, back right, center – other side

Belly Dance

Stance – Straddle Position with knee's bent – Arms up and out and then down the middle – push hands side to side.

Tap – Tap forward, center, twist knee and hip, - one arm up the other arm forward – switch (turn around)

Figure 8 – Lift hips and heels (rotate ankles), Draw a figure 8 with your abs and hips.

Shimmy – Similar to March, Move hips starting with feet – faster, faster, faster – Use arms!