



# SESSION HANDOUT

## *AFRICAN WORKOUT: ENTER THE JUNGLE*

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## SESSION HANDOUT

### Presenter

Ricardo Marmitte

### Schedule

5 min: Introduction: Key Points and Objectives  
10 min: History and Origin of the Rhythms  
25 min: Master Class  
20 min: Identifying Base Moves and Rhythms  
50 min: Practice Basic Steps and Choreography  
4 min: Cool-Down  
6 in: Questions/Answers  
(Total: 2 hours)

### Session Objective

This session will help ZIN Members to:

- Learn the basic movements and history of different African rhythms
- Be able to incorporate those rhythms and moves into their Zumba® Fitness classes.

### History & Background

- Rhythms: Coupe Decale,
- Country: Ivory Coast
- About the Rhythms: Coupé-Décalé is a type of popular dance music originating from Côte d'Ivoire (Ivory Coast in Africa) and the Ivorian Diaspora in Paris, France. Drawing heavily from Zouglou, Zouk, and Congolese rhythms, Coupé-Décalé is a very percussive style featuring African samples, deep bass, and repetitive, minimalist arrangements
- Rhythms: West African,
- Country: Africa
- About the Rhythms: West African dance is an essential component of West African culture. Over time, traditional dances incorporated new moves, rhythms and ideas. Through the slave trade, and through national production of traditional dance forms, West African dance has found its way around the globe. West African Dance has influenced many popular American dance forms, such as hip-hop, salsa and jazz dance. Traditional dances are still practiced by many people today.
- Rhythms: Kudyouro,
- Country: Angola.
- About the Rhythms: Kudyouro (or kudyouru) is a type of music and dance originally born in Angola in the 1980s. It is characterized as uptempo, energetic, and danceable. Kudyouro, which translates as "hard a\*\*", began in Luanda, Angola in the late 80s. Initially, producers sampled traditional carnival music like zouk and soca from the Caribbean and semba from Angola and laid this around a fast 4/4 beat.

- The roots of kudiyouro can be traced to the late 1980s when producers in Luanda, Angola started mixing African percussion samples with simple soca rhythms to create a style of music then known as "batida". European and American electronic music had begun appearing in the market, which attracted Angolan musicians and inspired them to incorporate their own musical styles. Young producers began adding heavy African percussion to both European and American beats, which resulted in what was then called Batida. In the early 90's, Angolan clubs started playing it and the youngsters started to create new dance moves to follow what the DJs were dropping.

### Basic Steps and Variations:

- Coupe Decale
  - Hip Circles
  - V-Step with arm variations
- West African
  - Knee lift (single single run run run)
  - Kick and Scoop
- African
  - Flap your wings
  - Kick and Scoop
- Kudiyouro
  - Crazy Knees Step
  - Kudiyouro Step

### Application and use of Zumba Formula:

Most of the songs that we are going to use in this session were choreographed by using a Zumba® Formula to make it easier for you to learn it and take it to your classes.

### Choreography Notes:

#### Routine #1

Name of Song:	Un bail ke yes!
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Song Part	Choreo notes	Notes
Intro	Step with forward your R (1) Hip circles(2,3,4,5,6,7,8) Step with your forward L (1) Hip circles(2,3,4,5,6,7,8) repeat x2times	
Intro 2	legs open-	

	jump to R single(1)/ L single (2)/R double(hands L shape) (3,4) jump to L single(5)/ R single(6)/L double (hands L shape) (7,8) repeat x 8times	
Verse 1	Beto shuffle (1,2), jump on L leg to the R (3,4) Beto shuffle (5,6), jump on R leg to the L (7,8) Beto shuffle (1,2),Body roll (3,4) Beto shuffle (5,6),Body roll (7,8) Beto shuffle (1,2),Shoulder shimmy (3,4) Beto shuffle (5,6),Shoulder shimmy (7,8) Beto shuffle (1,2),Hands up (3,4) Beto shuffle (5,6),Hands up (7,8)	
Verse 2	V-step (for 1 count of 8)  V-step + hands(touch your head with your R hand and at the same time touch your R elbow with your L hand) (touch your head with your L hand and at the same time touch your L elbow with your R hand ) (for 1 count of 8)  V-step (for 1 count of 8)  V-step + hands(touch your head with your R hand and at the same time touch your R elbow with your L hand) (touch your head with your L hand and at the same time touch your L elbow with your R hand ) (for 1 count of 8)	
Chorus	Hip circle (1,2,3) Lift your R knee (on 4) Hip circle (5,6,7) Lift your L knee (on 8) Hip circle (1,2,3) Lift your R knee (on 4) Hip circle (5,6,7) Lift your L knee (on 8)	
Verse 2	Repeat	
Verse 1	Beto shuffle (1,2), jump on L leg to the R (3,4) Beto shuffle (5,6), jump on R leg to the L (7,8) Beto shuffle (1,2), jump on L leg to the R (3,4) Beto shuffle (5,6), jump on R leg to the L (7,8)	
Verse 2	V-step (for 1 count of 8)  V-step + hands(touch your head with your R hand and at the same time touch your R elbow with your L hand) (touch your head with your L hand and at the same time touch your L elbow with your R hand ) (for 1 count of 8)	
Verse 3	Quarter your to the R: Jump on your R leg (L leg up) (1,2,3,4) Hip trust twice (5,6,7,8)	

	Half your to the L: Jump on your L leg (R leg up) (1,2,3,4) Hip trust twice (5,6,7,8)  Half your to the R: Jump on your R leg (L leg up) (1,2) Hip trust (3,4) Half your to the L: Jump on your L leg (R leg up) (5,6) Hip trust twice (7,8)  Hip circles for 1 count of 8	
Chorus	Repeat	
Intro 1	Step with forward your R (1) hip circles(2,3,4,5,6,7,8) Step with your forward L (1) hip circles(2,3,4,5,6,7,8) repeat x2times	
Verse 2	V-step (for 1 count of 8)  V-step + hands(touch your head with your R hand and at the same time touch your R elbow with your L hand) (touch your head with your L hand and at the same time touch your L elbow with your R hand ) (for 1 count of 8) V-step (for 1 count of 8)	
Verse 4	Legs open: Jump to the LEFT x 2 times (1,2,3,4) and "pose" for 5,6,7,8  Jump to the RIGHT x 2 times (1,2,3,4) and "pose" for 5,6,7,8	
Chorus	Repeat	
Intro 1	Repeat	
Intro 2	Repeat	

## Routine #2

Name of Song: African Raindance

Song Part	Choreo notes	Notes
intro	twist your feet and snake arms for 4 counts of 8	
Music 1	Knee lift (single single run run run) x8 times	

Music 2	<p>Double step to the R (1,2,3,4)  Step out to the R/L (5,6,7,8) (flap your arms (wings))  Back lunge with R (1,2) (bring your R arm above your head from front to back)  Step back with L (3,4) (bring your L arm above your head from front to back)  Step back with R (5,6) (both arms up)  Step back with L (7,8) (both arms up)</p> <p>Double step to the L (1,2,3,4)  Step out to the L/R (5,6,7,8) (flap your arms (wings))  Step back with L (1,2) (bring your L arm above your head from front to back)  Step back with R (3,4) (bring your R arm above your head from front to back)  Step back with L (5,6) (both arms up)  Step back with R (7,8) (both arms up)  Repeat x 2 times</p>	
Music 3	<p>Legs apart:  Wave your arm side to side above your head (1,2,3,4)  Jump back 2 times bringing both arms forward (5,6,7,8)  Repeat x 4 times</p>	
Music 4 (thunder storm)	<p>Step out to the right with R arms above your head- open your arms for 3 counts  Chest circle (bringing your R back to center) (5,6,7)  Step out to the right with L, arms above your head- open your arms for 3 counts  Chest circle (bringing your L back to center) (5,6,7)  Repeat x 4 times</p>	
Music 5	<p>Step out to the right with R arms above your head- open your arms for 3 counts  walk forward (5,6,7)  Step out to the right with L arms above your head- open your arms for 3 counts  walk back (5,6,7)  Repeat x 4 times</p>	
Music 2	Repeat x 2 times	



### Routine #3

Name of Song:	Maputo Song
Special notes:	

Song Part	Choreo notes	Notes
Part 1	Chest pop (1,2,3) & flap your arms (wings) 5,6,7 Repeat x8times	
Part 2	Step forward with R (1) Chest pop (2,3) & flap your arms (wings) (5,6,7) Step forward with L (1) Chest pop (2,3) & flap your arms (wings) (5,6,7) Repeat x8times	
Part 3	<u>Travel back in Zig zag:</u> Lunge back with your R (bring your R arm above your head from front to back) (1,2,3) Step touch with your R (flap your arms (wings)) (5,6,7)  Lunge back with your L (bring your L arm above your head from front to back) (1,2,3) Step touch with your L (flap your arms (wings)) (5,6,7) Repeat x8times	
Part 4	Step touch to the RIGHT (flap your arms (wings)) (1,2,3) Chest circles (5,6,7) Step touch to the LEFT (flap your arms (wings)) (1,2,3) Chest circles (5,6,7) Repeat x8times	
Part 5	Facing the R diagonal: Step with your R to the RIGHT and twist your R foot (1,2,3,4) flap your arms (wings) twice 5,6,7 Facing the L diagonal: Step with your L to the LEFT and twist your L foot (1,2,3,4) flap your arms (wings) twice 5,6,7 Repeat x8times	
Part 6	Facing the R diagonal: Lunge-with hip circles down (for 1 count of 8) (L arm moves up and down) with hip circles up (for 1 count of 8) Facing the L diagonal: Lunge-with hip circles down (for 1 count of 8) (R arm moves up and down) with hip circles up (for 1 count of 8)	

Part 7	<p>Kick forward with your R (scoop with your L arm from down up) (1,2)</p> <p>Kick forward with your L(scoop with your R arm from down up) (3,4)</p> <p>Step touch to the RIGHT and shake your body (5,6,7,8)</p> <p>Kick forward with your L (scoop with your R arm from down up) (1,2)</p> <p>Kick forward with your R(scoop with your L arm from down up) (3,4)</p> <p>Step touch to the LEFT and shake your body (5,6,7,8)</p> <p>Repeat x8times</p>	
Part 8	<p>Open your legs:</p> <p>Jump to the RIGHT (1,2) Jump to the LEFT (3,4)</p> <p>Hip circles (5,6,7,8)</p> <p>Repeat x8times</p>	
Part 9	<p>Walk to the RIGHT (shake your body) for 1 count of 8</p> <p>Lunge back twice with your L (bring your both arms above your head from front to back) (for 1 count of 8)</p> <p>Walk to the LEFT (shake your body) for 1 count of 8</p> <p>Lunge back twice with your R (bring your both arms above your head from front to back) (for 1 count of 8)</p> <p>Repeat x4times</p>	
Part 10	<p>Walk to the RIGHT (shake your body) for 1 count of 8</p> <p>Step out with L (1,2)/ R (3,4)/ L (4,5)/ R(6,7) drop your both hands from up down</p> <p>Walk to the LEFT (shake your body) for 1 count of 8</p> <p>Step out with R (1,2)/ L (3,4)/ R (4,5)/ L (6,7) drop your both hands from up down</p> <p>Repeat x4times</p>	

#### Routine #4

Name of Song:	Sabi De Mas (Kudyouro Remix)
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Song Part	Choreo notes	Notes
Intro	Step touch	
Music 1	<p>Double step to the R (1,2,3,4)</p> <p>Step touch to the L (5,6)</p>	



	<p>Step touch to the R (7,8) Double step to the L (1,2,3,4) Step touch to the R (5,6) Step touch to the L (7,8) Repeat x 2 times</p>	
Music 2	Crazy Knees step for 4 counts of 8	
Music 1	Repeat	
Sabi De Mas Part	<p>Facing R diagonal (soft knees): Cross your hands on your shoulders (Sa) open (Bi) bring both hands down and pump your chest (De mas)</p> <p>Facing L diagonal (soft knees): Cross your hands on your shoulders (Sa) open (Bi) bring both hands down and pump your chest (De mas) Repeat x 4 times</p>	
Music 3 (Kudyouro)	<p><u>Facing your R Side:</u> Pull your hips forward (1,2) Push your hips forward (3,4) Drum with your hands (5,6) Jump and your to your left side on your R leg (7,8)</p> <p><u>Facing your L Side:</u> Pull your hips forward (1,2) Push your hips forward (3,4) Drum with your hands (5,6) Jump and your to your right side on your L leg (7,8) Repeat x 3times</p>	
Music 1	Repeat	
Sabi De Mas Part	Repeat	
Music 3 (Kudyouro)	Repeat	
Samba Part	Shoulder shimmy for 2 counts of 8	
Music 4	<p>Legs apart: Wave your arm side to side (up and down) for 4 counts of 8</p>	
Music 2	Repeat	
Music 3 (Kudyouro)	Repeat only once	
Music 1	Repeat	
Sabi De Mas Part	Repeat	
Music 3 (Kudyouro)	Repeat x 2 times only	
Samba Part	Repeat	
Music 2	Repeat	

Music 1	Repeat once only	
Sabi De Mas Part	Repeat x 2 times only	

8. Recommended Music and Playlist:

Name of Song	Genre	Where it can be found
Un bail ke yes!	Coupe-Decale	on I-Tunes Artist: Logobi GT & Sisi K Album: La puissance
African Rain dance	West African	on I-Tunes, Artist: Freestyle Percussion Magik Album: Freestyle Percussion Magik
Maputo Song	African	on I-Tunes, Artist: Maputo Drummers Album: 100 Beats: African
Sabi De Mas	Kudyouro	on I-Tunes, Artist: Elizio Album: Confirmacao