



SESSION HANDOUT

Crazy Country

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Presenter

Kass Martin

With assistants:
Emily Engemann and Eddie Calle

Schedule

15 min: warm up
30 min: break down of Crazy Country routines
35 min: line dancing
40 min: master class

Session Objective

Bringing the honkytonk into our Zumba classes is as easy as ever with these Crazy Country routines!
Applying the same Zumba formula to western music as our other favorite Zumba dances brings an exciting new flare to your classes. Get ready y'all!

History & Background

History of Western Dance

The spirit and personality of culture is widely expressed through music and dance. Western dance is a combination of dances from all over the world. Immigrants from Ireland, Europe, Russia, even as far back as tribal dances in Africa came to the United States bringing their culture, music and dance along with them and created a common ground and unified dance. The cowboy with long hours in the fields and on the saddle may have not been the most graceful of dancers. Add this element to the mixed dances brought from other cultures and you get Country Western Dance: fun, catchy, easy, and a rootin' tootin' good time.

How to bring the Honky Tonk to your Zumba® class

Grab that cowboy hat and bring the sexy cowboy or cowgirl spice to your Zumba® class. Creating fun country choreography can be easy! Follow Zumba® formula, add fun energetic moves and don't forget these basic country steps:

Heel toe triple step

Kick ball change

Grapevine-add a lasso or heel tap for added flavor

Shuffle: front, back, across the body and side to side. Add a rock step or pivot.

Toe heel cha cha cha

2013 ZUMBA INSTRUCTOR CONVENTION



Chore Notes

Cotton Pickin Time – Blake Shelton

Intro-heel clicks

Verse-roger rabbit. Doubles, doubles, hold for four. Repeat.

Chorus-box step. Hold and snap. Repeat.

Verse-

Chorus-

Musical interlude- rope 'em for four to the side and hold singles for four. Repeat

Verse-

Chorus-....hold snap.

Intro-

It Happens-Sugarland

Intro-hip pull

Verse- triple tap travel

Verse 2-pivot turns with lasso arms

Chorus-heel digs for four, knee lifts, lean back and snap hands near face. "it happens" turn to the side and hip pull and hold into intro

Intro-

Chorus- (hold the snap move b/c it repeats and then go into the hip pull)

Sin Wagon-Dixie chicks

Verse-box step and hold. Repeat L R L R...

Chorus-"Praise the Lord" wave arms above your head to the heavens forward and back. Stop and hold a step touch with arm pull for four.

Verse-

Chorus-

Musical interlude-dosido with your students. Linking up arms and skipping in circles

Verse-

Chorus-

Musical interlude-

If you find this musical interlude is too long then go back to the front and do a heel toe do si do at the front...If not then just skip around and have a blast with the students!!!

Papa Loved Mama- Garth Brooks

Intro- pony with hands at belt buckle

Verse- single single double lasso

chorus-four lift leg jumps, four inner heel slaps. 8 country running men. 4 walks to the side with snaps.

introverse

chorus

chorus



musical interlude-double hamstrings L and R single single single run forward run back. Repeat. Then you can take out ½ sequence to make it double L pull, 2 single puls R L. Run up and back. Repeat.

Line Dancing:

The key to line dancing is keeping it interesting and easy to follow. These particular line dances go great with the accompanying song.

Watermelon Crawl by Tracy Byrd

Double heel, double heel, single single single single. Grapevine, double scoop, pivot pivot, shimmy shimmy, lasso to the other corner, hold hips for four counts...repeat.

Something that I like about a Honky Tonk- by Miranda Lambert

Grapevine, grapevine, heel toe dosido. Kick ball change, kick ball change. Lean back clap clap, lean back clap clap. Hip hip, hip hip. Heel toe heel turn to next corner.

All music can be found on iTunes. :D

Thank you so much!!!

Kass