



The Rhythms

Merengue

Merengue is from The Dominican Republic, Haiti and Santo Domingo are also considered originators of this dance. It is a fast rhythm dance that can be easily identified by its trumpets, tom-toms and drums. It is a marching rhythm.

Salsa

Salsa comes from a mix of many cultures. The Caribbean. It is influenced greatly by Cuba, Africa and Spain however it was made very popular in New York and Florida. The typical instruments that make up Salsa are trumpets, cow bell, trombones, tom-toms, drums, percussion sticks. It is fast rhythm.

Reggaeton

This dance is influenced by the Jamaicans and by the urban Caribbean scene. It was made popular in Puerto Rico and Panama. The main identifying instrument is the drums and the base which is played in a reggae style beat. It is a strong beat.

So where did Zumba come from?

As a fitness instructor in his native Cali, Colombia, Beto's life took an unexpected turn one fateful day in the mid-'90s when he darted off to teach an aerobics class and forgot his traditional aerobics music. He improvised using his own mix of music from tapes he had in his backpack (salsa and merengue music he grew up with). Spontaneously he created a new kind of dance-fitness, one that focused on letting the music move you (instead of counting reps over the music).

Cumbia

Cumbia is known as the Columbian, South American rhythm; however it has African influences as well as European. Originally the music was played only with percussion and vocal. But later on, other instruments were introduced. Cumbia is also known to be tropical or Creole flavoured. The main instruments used for this rhythm are the drums, accordion and the guiro.

Benefits Of Zumba

- Improve fitness and energy levels
 - Aids weight loss
 - It's Fun
 - It's a party
 - Make friends

YouTube clips

- <https://www.youtube.com/watch?v=IcP7vtoQEDY> (Shape of you)
- <https://www.youtube.com/watch?v=3a7xDe1sHpE> (Despacito)
- <https://www.youtube.com/watch?v=wMVx9ICtvww> (Cheap thrills)
- <https://www.youtube.com/watch?v=mKeK1VJ9sq4&index=2&list=RDwMVx9ICtvww> (Playlist of recent songs)
- <https://www.youtube.com/watch?v=9qIUD8KQzIc&list=PLAPUEAObdbMYrZvv6g1IGp9x2UjrdpmEn&index=10>