Step-by-Step Dances

Learn how to dance to your favorite classic dances with these simple step-by-step directions. Grab a partner or dance by yourself, either way get up and get dancing!

Go to this website to learn a variety of ballroom dances through simple step-by-step videos: http://www.ballroomdancers.com/Dances/

Learn the Dances

**International Style**
- Waltz
- Tango
- Viennese Waltz
- Slow Foxtrot
- Quickstep
- Cha Cha
- Samba
- Rumba
- Paso Doble
- Jive

**American Style**
- Waltz
- Tango
- Foxtrot
- Viennese Waltz
- Cha Cha
- Rumba
- East Coast Swing
- Bolero
- Mambo

Source: www.ballroomdancers.com/Dances/
Explore Zumba®!

Zumba® exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout.

** With so many types of Zumba® classes, there’s a fitness-party fit for everyone. From morning 'til night you can have students of every age moving to a body-rockin’ class designed just for their needs.

To find a local Zumba® class near you, go to your local gym, dance studio or YMCA.

Watch this instructional video to learn the basic steps.  
https://www.youtube.com/watch?v=ITctJOMKUY

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<tr>
<th>Class</th>
<th>Who</th>
<th>How it works</th>
<th>Benefits</th>
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<tr>
<td>Zumba® Fitness</td>
<td>Everyone!</td>
<td>The ultimate dance-fitness party set to Latin and world rhythms</td>
<td>Torch calories, boost energy, set your body free and feel incredible</td>
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<tr>
<td>Zumba® Step</td>
<td>Zumba® fans looking to burn calories with a fun and effective lower body workout</td>
<td>Combines all the toning and strengthening of Step with the Zumba® fitness-party everyone loves</td>
<td>Burn tons of calories, while toning and strengthening legs and glutes</td>
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<tr>
<td>Zumba® Toning</td>
<td>Zumba® fans who want to add strength training</td>
<td>Serious body-sculpting to red-hot rhythms</td>
<td>Tone all the target zones, including arms, abs and thighs</td>
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<tr>
<td>Zumba® Dance</td>
<td>Everyone, especially those recovering from injuries</td>
<td>The invigorating, low-impact pool party</td>
<td>Burn calories and improve cardio conditioning safely</td>
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<tr>
<td>Zumba® Body</td>
<td>Zumba® fans who want to add intense core work</td>
<td>Use a chair for full-body toning and cardio.</td>
<td>Strengthen your core, torch calories and sculpt muscles</td>
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<tr>
<td>Zumba® Gold</td>
<td>Active older adults and fitness beginners</td>
<td>Simplified Zumba® moves and pacing for older adults</td>
<td>Improve coordination, balance and overall body conditioning</td>
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<tr>
<td>Zumba® Gold + Toning</td>
<td>Active older adults and fitness beginners who want to add strength training</td>
<td>Kick up the Zumba Gold® party with Toning Sticks</td>
<td>Shake and sculpt your way to a healthy body for an active lifestyle</td>
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<td>Zumba® Kids</td>
<td>Young Zumba® fans ages 7-11</td>
<td>Rock out to their own rules with the music they love</td>
<td>Increase focus and self-confidence, boost metabolism and improve coordination</td>
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<tr>
<td>Zumba® Kids jr</td>
<td>Lil’ party animals ages 4-6</td>
<td>A dance ‘n’ play party for little ones.</td>
<td>Get little kids moving and learning through music and games.</td>
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<tr>
<td>Zumbini</td>
<td>Children under 3 and their caregiver(s)</td>
<td>Families wiggle, sing and learn together</td>
<td>Stimulate early childhood development while bonding!</td>
</tr>
<tr>
<td>Zumba® Carsa</td>
<td>Zumba® fans who want to add circuit training</td>
<td>A short, high-octane dance-fitness workout.</td>
<td>Boost metabolism and get strong in one fun and effective workout.</td>
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Zumba® is trademarked by Zumba® Fitness, LLC