

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 Cha



Samba



Rumba



Paso Doble



Jive

American Style



Waltz



Tango



Foxtrot



Viennese Waltz



Cha Cha



Rumba



East Coast Swing



Bolero



Mambo











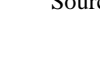
Explore Zumba®!

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>

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