

RESOURCES



CLASS 11 | GET YOUR GROOVE ON!

Resources

The following are a variety of resources for teaching dance routines and holding your own “Get Your Groove On!” dance contest. If you have audio-visual equipment available to use in the class, you can show a DVD instructional video for the class to follow. There are also instructional videos here you can view prior to the class that you can use to teach yourself. Alternatively, it is usually easy to find someone to teach dance. Invite a dance instructor, fitness professional from your staff or another resident or community volunteer with dance training to join you and help your group get its groove on.

[Easy Dance Exercises for Older Adults | Hawaii Senior Workout](#): This is a YouTube tutorial that shows older adults dancing to relaxed music behind an instructor. It is an easy to follow routine without technical steps.

[Guide to basic Zumba® Fitness steps | STVPeople](#): This fifteen-minute Zumba tutorial will help you learn the basic moves to teach your students, or can be shown during class as a guide.

[Zumba With Keren](#): This is another YouTube tutorial reviewing basic moves.

[Learn to Dance Salsa: Basic Steps for Beginners | Addicted2Salsa](#): This popular video explains the basics of salsa dancing with two professional instructors. You can use this on your own before you teach the class or if you have video capability, show it to everyone.

[Salsa Bible for Beginners](#). This is a PDF version of the dance steps necessary for beginner salsa dance. If you don't have video capability, this is a good option.

Additional Materials

[Zumba Fitness Dance Party- Audio CD](#): This CD is a great resource if you're interested in leading Zumba lessons for your class.

[Salsa: The Essential 30 Collection- Audio CD](#): Another dance CD you can use to lead lessons or just let people groove to.