

Zumba He Zumba Ha - DJ Mam ft. Jessy Matador & Luis Guisao

TC	Song Part	Choreography	Reps
0:00	Intro	Roll arms up – roll arms down	
0:15	A	Arm circles in front low and high – arm pull up with knees – diagonal knee chops 2x left / 2x right	2x
0:30	B	Lean forward in circle 4x – step behind 8x – hand over head 8x – fast feet to left 4x – fast feet to right 4x – Fast feet center	1x
1:04	A	Arm circles in front low and high – arm pull up with knees – diagonal knee chops 2x left / 2x right	2x
1:20	B	Lean forward in circle 2x – step behind 8x – hand over head 8x – fast feet to left 4x – fast feet to right 4x – Fast feet center	1x
1:49	A	Arm circles in front low and high – arm pull up with knees – diagonal knee chops 2x left / 2x right	4x
2:19	C	Abs – punches - fast feet in center	
2:37	A	Arm circles in front low and high – arm pull up with knees – diagonal knee chops 2x left / 2x right	4x