



## STUDENT PACKET

On the behalf of team Kizomba Phoenix, I would like to welcome you to our Kizomba family. We hope you will find our classes useful and take advantage of all services we offer.

### Course Prerequisite

Students must sign the attached waiver and return it to us prior to commencing our courses. We recommend watching our online video tutorials on the Kizomba basic 1, 2 and 3 as well as the Kizomba Phoenix basic 4, 5, 6 and Mela-lua and practice.

<https://www.kizombaphoenix.com/tutorial-videos>

### Description

Students will be introduced to Kizomba and Semba music, foundation, terminology, principles, elements, history and family of moves as well as other influential dances, throughout each course.

Upon completion of each course, students will be able to understand, recall, describe and demonstrate each core move and its variations. Certificate of completion is optional and must be requested (see the attachment)

We look forward to seeing you in class and help you improve your dance.

Course Director:  
Antonio Medina

### KIZOMBA SEMBA 4 WEEK COURSES

MODULE 1: Virgulas  
MODULE 2: Saidas 1  
MODULE 3: Retrocesso 1  
MODULE 4: Passada 1  
MODULE 5: Estrelas 1  
MODULE 6: Casamento 1

MODULE 7: Diamonds  
MODULE 8: Saida 2  
MODULE 9: Retrocesso 2  
MODULE 10: Quadrinhos  
MODULE 11: Rotations  
MODULE 12: Rule of Three

MODULE 13: Passada 2  
MODULE 14: Blocks, Holds and Rock Steps  
MODULE 15: Estrelas 2  
MODULE 16: Footwork & Styling  
MODULE 17: Casamento 2  
MODULE 18: Musicality

### SPECIALTY WORKSHOPS

Foundation, Musicality, Semba & Massembe, Colladera, Passada, Zouk, Kompa, Tarraxinha, Rebita, Batuku





## STUDENT WAIVER

**Please print, sign and bring to class**  
(required only once per student)

**Waiver:** I understand that I am participating in fitness class, programs & workshops such as dance and fitness during which I will receive information and instruction. I recognize that said classes require physical exertion, which may be strenuous and may cause physical injury and I am fully aware of the risks and hazards involved. I understand it is my responsibility to consult with a physician prior to and regarding my participation in said classes. I represent and warrant that I am physically fit and have no medical condition, which would prevent my full participation in said classes. I knowingly, voluntarily and expressly waive any claim I may have against Kizomba Phoenix Dance Company, its representatives, the venue which the session is held and any participant during my session for injury or damages, illness, health related incident, death or accident that I may sustain as a result of participating in said classes.

Unless mentioned otherwise, I also give permission to have my picture of good taste, taken, reproduced and used for promotion and advertising. I affirm that I have read and agree to all the above.

Student First and La Name (printed) \_\_\_\_\_

Client Signature \_\_\_\_\_ Date \_\_\_\_\_

**WARM-UP**

Funana, Rebita, Tarraxinha, Soukous, Konpa

**REVIEW BASIC STEPS (she knows 8 steps)**

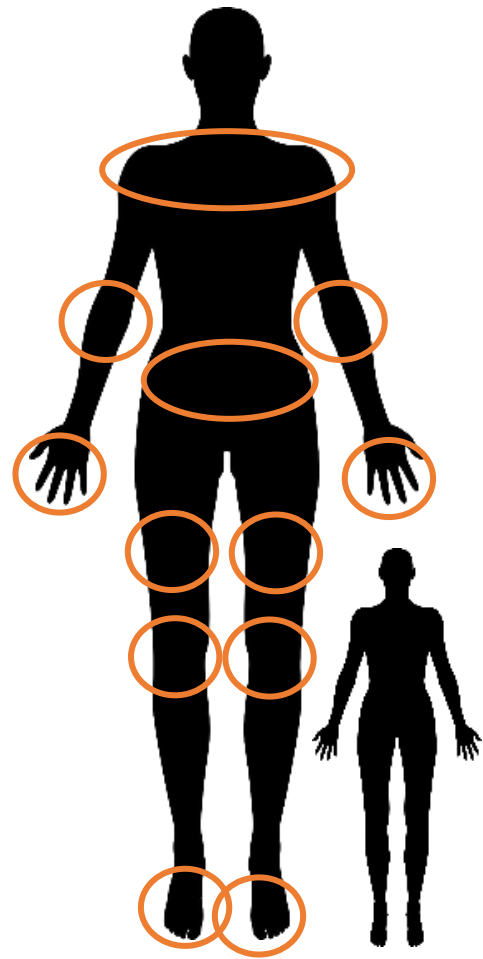
1, 2, 3, 4, 5, 6, Meia-Lua, Corridinho

**CONNECTIONS:**

- Mirrors
- Train
- Back 2 back Movements
- Shoulder leading
- Elbow leading
- Bouncing bodies
- Number 5 connection

**DELIVERY METHODS:**

- Step-by-step
- By the number
- Half Tempo
- Full Tempo
- No hands
- One hand
- Both hands
- High ten
- Rotate clockwise



**FUNDAMENTALS:**



**POINTS OF CONTACT:**

- Ground
- Feet
- Knees
- Thighs
- Belly
- Chest
- Elbows
- Forearms
- Hands

**MUSIC:**

- Introduction
- First Beat
- Unit of measurement
- Singer
- Chorus
- Story
- Build-up
- Break/Drop
- Presentation
- Message
- Conclusion (optional)

**ELEMENTS:**

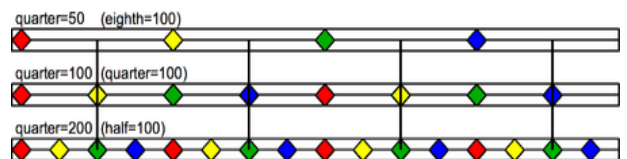
- Music
- Posture
- Points of contacts
- Connections (close/semi/open)

**PRINCIPLES:**

- Fluidity
- Circular motions
- Rock Step (Balance)
- Tempo (quarter, half, full)
- Marca
- Weight transfer
- Grounded

**MAVERICKS:**

- Banga vs Ginga
- Classico vs Gingado
- Malandragem
- Hold Stretch
- Musicality



# STUDENT NOTEPAD *(Bring to class)*

MODULE # \_\_\_\_\_ TITLE: \_\_\_\_\_

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LEAD	FOLLOW
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Notes:

**WEEK 1**

**WEEK 2**

**WEEK 3**

**WEEK 4**

# STUDENT NOTEPAD *(Bring to class)*

MODULE # \_\_\_\_\_ TITLE: \_\_\_\_\_

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LEAD	FOLLOW
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Notes:

## WEEK 1

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## WEEK 2

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## WEEK 3

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## WEEK 4

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# STUDENT NOTEPAD *(Bring to class)*

MODULE # \_\_\_\_\_ TITLE: \_\_\_\_\_

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LEAD	FOLLOW
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Notes:

## WEEK 1

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## WEEK 2

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## WEEK 3

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## WEEK 4

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# *Certificate of Completion*

*presented to*

*In recognition of your dedication and hard work while enrolled in  
the Kizomba Semba Courses listed below*

- Module 1: Completed on \_\_\_\_\_
- Module 2: Completed on \_\_\_\_\_
- Module 3: Completed on \_\_\_\_\_
- Module 4: Completed on \_\_\_\_\_
- Module 5: Completed on \_\_\_\_\_
- Module 6: Completed on \_\_\_\_\_
- Module 7: Completed on \_\_\_\_\_
- Module 8: Completed on \_\_\_\_\_
- Module 9: Completed on \_\_\_\_\_
- Module 10: Completed on \_\_\_\_\_
- Module 11: Completed on \_\_\_\_\_
- Module 12: Completed on \_\_\_\_\_
- Module 13: Completed on \_\_\_\_\_
- Module 14: Completed on \_\_\_\_\_

Presented by Kizomba Phoenix Dance Company Director(s):  
Tonino Cidade and Julia Nitescu



Authentication # 02-\_\_\_\_\_