



STRONG

BY ZUMBA™



CLASS 3

Choreography

EXPERIENCE FITNESS
IN PERFECT SYNC

STRONGbyZumba.com

TRACK1: ESTA ENCENDIDO

TIMECODE	MOVE	REPS
0:00 - 0:10	March	-
0:11 - 0:42	Plank Walk + Push Up	4
0:43 - 0:56	Scissors + Knee Lift With Rotation	4
0:57 - 1:11	Curtsy Lunge + Squat	2
1:12 - 1:15	March	-
1:16 - 1: 46	Plank Walk + Push Up	4
1:47 - 1:59	Scissors + Knee Lift With Rotation	4
2:00 - 2:13	Curtsy Lunge + Squat	2
2:14 - 2:17	March	-
2:18 - 2:32	Skaters + Squat	8
2:33 - 2:35	March	-
2:36 - 3:05	Plank Walk + Push Up	4
3:06 - 3:22	Scissors (4 Walls)	1

TRACK2: MOVE THE WORLD

TIMECODE	MOVE	REPS
3:32 - 3:47	Step Touch Fwd, Side, Back and Side	4
3:48 - 4:03	Squat+Torso Rotation + Curtsy Lunge	8
4:04 - 4:35	Lunge Fwd, Squat, Back Lunge, Squat + Knee Lift	4
4:36 - 4:52	Knee Lift And Torso Rotation Travel	4
4:53 - 5:07	Squat+Torso Rotation + Curtsy Lunge	8
5:08 - 5:39	Runners Lunge	4
5:40 - 6:11	Squat+Shuffle	16
6:12 - 6:43	Squat+Torso Rotation + Curtsy Lunge	8
6:44 - 7:16	Knee Lift And Torso Rotation Travel	8
7:17 - 7:35	Lunge Fwd, Squat, Back Lunge, Squat + Knee Lift	4

TRACK1: DON'T STOP THE FIRE

TIMECODE	MOVE	REPS
7:38 - 7:43	March	-
7:43 - 8:01	Fwd Lunge+Back Lunge	4
8:02 - 8:20	Kick Facing Side Alternating Legs	8
8:21 - 8:37	Kick+Lunge+Kick Alternating Sides	4
8:38 - 9:12	Run Fwd Side To Side+Going Back Knee Lift	4
9:13 - 9:30	Side Lunge+Single Leg Squat	4
9:31 - 9:33	March And Change Side	4
9:34 - 9:49	Fwd Lunge+Back Lunge	8
9:51- 10:07	Kick Facing Side Alternating Legs	8
10:08-10:24	Kick+Lunge+Kick Alternating Sides	4
10:25-11:00	Run Fwd Side To Side+Going Back Knee Lift	4
11:01-11:18	Side Lunge+Single Leg Squat	4

Track 1: Samba Forte

Timecode	Move	Reps
00:06-0:14	Samba Lunge (Preview)	8
00:15-00:32	Samba Lunge with Hip Rotation	32
00:33-00:37	March 4, Plank Position 4	4
00:38-00:52	Mountain Climber	8
00:53-01:01	Ski Mobile to Sides	4
01:02-01:10	4Standing Up+ 4 March	2
01:11-01:20	Lunge, High Knee (Preview)	4
01:21-01:29	Lunge, High Knee	4
01:30-01:38	Samba Lunge (Move Preview)	4
01:39-01:57	Samba Lunge	32
01:58-02:07	March 4, Plank Position 4	2
02:08-02:16	Mountain Climber	8
02:17-02:25	Ski Mobile to Sides	4
02:26-02:25	4 Standing Up+ 4 March	2
02:26-02:44	Lunge, High Knee (Preview)	4
02:45-02:52	Lunge, High Knee	4
02:53-02:59	March	8

Track 2: Party Hard

Timecode	Move	Reps
03:02-03:16	2 Knee Lift + 2 Elbow Strike	4
03:17-03:31	Turn Variation 2 Knee Lift + 2 Elbow Strike	4
03:32-03:47	(R)Front Kick + Back Lunge + Elbow Strike	8
03:48-04:02	2 Knee Lift + 2 Elbow Strike	4
04:03-04:17	Turn Variation 2 Knee Lift + 2 Elbow Strike	4
04:18-04:31	(L)Front Kick + Back Lunge + Elbow Strike	8
04:32-04:39	2 Knee Lift + 2 Elbow Strike	4
04:40-04:46	Turn Variation 2 Knee Lift + 2 Elbow Strike	4
04:47-05:02	(R)Front Kick + Back Lunge + Elbow Strike	4
05:03-05:09	2 Knee Lift + 2 Elbow Strike	4
05:10-05:16	Turn Variation 2 Knee Lift + 2 Elbow Strike	2
05:17-05:31	One Side Adductors	8
05:32-05:46	(L)Front Kick + Back Lunge + Elbow Strike	6
05:47-06:00	(R)Front Kick + Back Lunge + Elbow Strike	8
06:01-06:16	One Side Adductors	8

Track 3: Soy Una Bomba

Timecode	Move	Reps
06:21-06:28	March	16
06:29-07:04	3 Side Taps + 1 Knee Strike	8
07:05-07:31	3 Side Squats + 1 Basic Squat	8
07:32-07:45	March	32
07:46-07:54	Step Front and Back	8
07:55-08:00	Jump 180°	4
08:01-08:31	Football Run +4 Jump 180°	4
08:32-08:38	March	16
08:39-09:15	3 Side Taps + 1 Knee Strike	8
09:16-09:23	3 Side Squats + 1 Basic Squat	2
09:24-09:42	3 Side Squats + Jump Feet Together	6
09:43-09:56	March	32
09:57-10:04	Step Front and Back	8
10:05-10:11	Jump 180°	4
10:11-10:41	Football Run +4 Jump 180°	4
10:42-10:50	March	16

TRACK 1: WHO WANTS TO ROCK

TIMECODE	MOVE	REPS
00:05 - 00:35	Skater + back step	8+8
00:37 - 00:55	Jump + turn + squat	4
00:56 - 01:13	Jump + turn + plank	4
01:14 - 01:27	jog/recovery	
01:28 - 02:04	jumping jack touching the floor + high knees	8
02:05 - 02:22	punch side-front-side front	8+8+8+8
02:23 - 02:59	Skater + back step	8+8
03:00 - 03:35	jumping jack touching the floor + high knees	8
03:36 - 03:54	punch side-front-side front	8+8+8+8
03:55 - 04:04	step touch recovery	8

TRACK 2: PUSH

TIMECODE	MOVE	REPS
04:05 - 04:13	march	8
04:14 - 04:47	jump side + front + side + front +run + jump up	8
04:48 - 05:05	skater	16
05:06 - 05:13	Plyo Lunge	8
05:16 - 05:22	runners lunge	8
05:23 - 05:30	Plyo lunge	8
05:31 - 05:39	runners lunge	8
05:40 - 05:57	recovery	-
05:58 - 06:14	plie isolated squat	16
06:15 - 06:25	upper cut	32
06:29 - 06:47	plyo push-up	8
06:48 - 07:07	Jump side + front + side + front	4
07:08 - 07:16	recovery	16

TRACK 3: STING LIKE A BEE

TIMECODE	MOVE	REPS
07:32 - 07:50	side shuffle + 2 punches & 2 knee lifts side shuffle + high knee, side shuffle +2 punches & 2 knee lifts, side shuffle + run back	2
07:51 - 08:07	burpee	8
08:08 - 08:23	recovery	-
08:24 - 08:40	side shuffle+2 punches+2 knee lifts + high knee + repeat and run back	2
08:41 - 08:59	burpee	8
09:00 - 09:16	recovery 3 side steps +3 step touch	4
09:17 - 09:51	4 adductor + 4 single squat	2
09:52 - 10:08	side shuffle + 2 knee lift	8
10:09 - 10:25	burpee	8
10:26 - 10:44	side shuffle+2 punches & 2 knee lifts	8
10:45 - 10:50	march	

Track: Get Dirty

0:05 - 0:36	Dive Bomber	8
0:37 - 1:04	Forearm Plank + Rotation	Hold 8+4
1:05 - 1:32	Forearm Plank + Rotation	Hold 8 + 4
1:33 - 1:50	Back Extension/Leg Extension	4
1:52 - 2:20	Dive Bomber + Full Dive Bomber	4+4
2:21 - 02:47	Forearm Plank + Legs Variation	32
02:48 - 3:22	Back extension/leg extension	8

Track: Mangu

3:27 - 3:47	Down On Back + Alternate Leg Extension	8
3:48 - 4:21	Hold 1 Leg Up + crunch + Pulse / Alternate	16 + 16
4:22 - 04:34	Alternate Legs Up And Down	8
04:35 - 4:50	Boat Pose + Row	16
4:51 - 05:05	Boat Pose + Hold	8
05:06 - 05:36	Triceps Dips + Pulse	8+16
05:37 - 05:50	Reverse Plank	
05:51 - 06:07	Alternate Legs Up And Down	8
06:08 - 06:26	Crunch + rotation – extended arms	32

Track: Elevation

06:36 - 06:57	Pike Push-Up	12
06:58 - 07:16	Side Plank + Knee To Elbow	8
07:17 - 07:37	Cross Fwd Kick + Leg Back Extension	8
07:38 - 07:42	Change Side	
07:43 - 08:01	Side Plank + Knee To Elbow	8
08:02 - 08:19	Cross Fwd Kick + Leg Back Extension	8
08:20 - 08:40	Pike Push-Up	12
08:41 - 08:51	Knees on Floor + Body Circle	4+4
08:52 - 09:19	Cross Fwd Kick + Push-Up	4
09:20 -	Pike Push-Up	20

