



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.

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

MODULE 3: Retrocesso

MODULE 4: Passada

MODULE 5: Estrelas

MODULE 6: Diamonds

MODULE 7: Quadrinhos

MODULE 8: Rotations

MODULE 9: Rule of Three

MODULE 10: Blocks, Holds and Rock Steps

MODULE 11: Footwork & Styling

MODULE 12: Musicality

MODULE 13: Partner Changes

MODULE 14: Choreographies

MODULE 15: Apprentice Training

SPECIALTY WORKSHOPS

Foundation, Musicality, Semba & Massemba, Colladeira & Passada, Zouk & Kompa, Tarraxinha, Urban Kiz





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 of the above.

Student First and La Name (printed) _____

Client Signature _____ Date _____

STUDENT NOTEPAD *(Bring to class)*

MODULE # _____ TITLE: _____

LEAD

FOLLOW

WEEK 2

WEEK 3

WEEK 4

WARM-UP (Funana or Afro-House)

REVIEW BASIC STEPS 1, 2, 3, 4, 5, 6,
Meia-Lua

Online Video Tutorials available online
at www.KizombaPhoenix.com/tutorials

LEAD/FOLLOW ELEMENTS

Music
Posture
Points of Contacts
Connections/Disconnections
(close/semi/Open)
Fluidity
Circles
Rock Steps (Balance)
Tempo (quarter, half, full)
Marca - Chacha
Weight Transfer
Grounded
Zouk, Passada, Colladera, Tarraxinha



FUNDAMENTALS:



QUEEN



SENSES



VISION



HEARING



TOUCH



SMELL



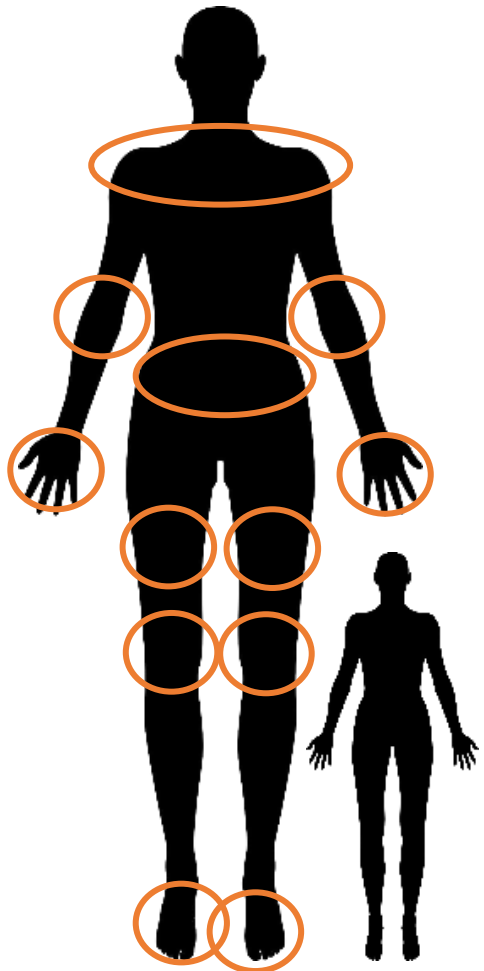
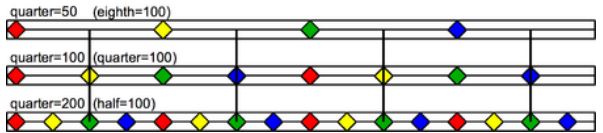
TASTE



STUDENT NOTEPAD *(Bring to class)*

MODULE # _____ TITLE: _____

LEAD	FOLLOW
WEEK 2	
WEEK 3	
WEEK 4	





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 3: Completed on _____
Module 5: Completed on _____
Module 7: Completed on _____
Module 9: Completed on _____
Module 11: Completed on _____
Module 13: Completed on _____

Module 2: Completed on _____
Module 4: Completed on _____
Module 6: Completed on _____
Module 8: Completed on _____
Module 10: Completed on _____
Module 12: Completed on _____
Module 14: Completed on _____

Presented by Kizomba Phoenix Dance Company Director(s):

Tonino Cidade and Julia Nitescu



Authentication # 02-_____