RAW FILE

SUSAN LARSEN

DANCE FROM THE HEART: A LIVE ADAPTIVE ZUMBA EVENT

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>> Welcome, Debora.  
>> If you're okay and everything seems to be working okay. I am going to sign off if there's anything else you want me to assist you with?  
>> No, I am glad you are able to be here.  
>> I'm going to sign off and thanks, Sherri for being able and have a great event.  
>> Welcome, Valerie. Hi, Kim, Valerie, welcome.  
>> Thank you, all.  
>> This is Valerie, thanks for having us today.  
>> Thank you, I'm excited.  
>> Me too.  
>> Welcome, Vandelia.  
>> (Background noise).  
>> Hi.  
>> Welcome, Cynthia.  
>> Welcome, everyone, we are waiting for the folks onsite to connect. And once they do, we will be ready to go.  
>> Good morning, Diane I believe that she is our connection to our live event at MSB. So, yeah, here we are. Okay, let's see. Debora, I'm going to mute you, so that when we record it will be, what is supposed to be, when Diane unmutes she'll be the featured speaker. Thank you. And I will be quiet then too.  
>> Hi Amanda welcome both Amanda and Diane, DC.  
>> Hello? Oh, this is just going to be for instructor speaker. But I will try to start getting some of this music downloaded to play. So, ladies, you can stand or sit in your chair, it's up to you.  
>> How we doing this?  
>> Standing.  
>> The in‑person participants are gathering in front of our wonderful instructor.  
>> Hello, everyone, my name is subpoena ‑‑ Sunshine King. I apologize that we are starting late today due to technical difficulties but we are here and thank you so much for your patience and I just want to say let's get started with dance from the heart. Again, I'm Sunshine King and we will give you more information at the end. Thank you so much, again. So we're going to get started with a warmup. And we just want to start stretching out.  
>> Taking your left arm into your right arm and wrap your arm across your chest and flipping right arm across the front with your left hand at your shoulder. At your elbow.  
>> Again. Good.  
>> Left arm across. Your right hand.  
>> Center. And other side. Good.  
>> Turn your neck to each side.  
>> Move around slowly, not too far back.  
>> Tilt your head back and then left and then circle around to the right.  
>> Good.  
>> And breathe in.  
>> Put your hands in your lap, raise them in front of you and circle above your head. And back to your lap and repeat, up and around. Out to your side.  
>> Breathe in.  
>> Okay, both hands up in a circle around your body.  
>> And to the side.  
>> Stretch right and lean your head to the left. Left hand stretch your right.  
>> Good, one more time.  
>> Right hand above your head pointed to your left.  
>> ‑‑ to the side of your body.  
>> Left hand stretched to the right.  
>> And one more time breathe in.  
>> Hands in your lap, above your head holding them there.  
>> And breathe out. Again.  
>> Relax, raise your hands above your head. Hold them there.  
>> And good. And stretch it out again.  
>> Left arm across your chest. Left elbow held by your right hand. Hold that stretch. First right arm across your chest. Left handholding your right arm.  
>> Shake it out.  
>> Arms to your side.  
>> We're going to start with the warmup. That was just stretching it out. Again, thank you for your patience. This will warm the body. And get in a motion with the arms to the side there a forward motion. Turn to the side with and move your hand and turn to the other side. One and two. Three, four, five, six, seven, eight. Other side. One, two, three, four, five, six, seven, eight. And one, two, three, four, five, six, seven, eight. Center up, center down.  
>> Head down. And back.  
>> And down to your right. Left. Right, left, right. Left, right. Left. Circle around. Two, three, four, five, six, seven, eight and around, two, three, four, five, six, seven, eight. Shoulders up, two, three, four, five, six, seven, eight. And down, two, three, four, five, six, seven, eight. Circle back. Two, and this feels so good. Five, six, seven, eight. And forward, two, three, four, five, six, seven, eight. And up, up, down, down, up, up, down, down, isolate your shoulders. Back, back, forward forward, back, back, forward, forward, back, back, forward, forward. Breathe it in. Two, three, four, roll it up, two, three, four. Again, one, two, three, four, blow it out, two, three and four.  
>> It keep dismissing it. So I'm going to try a different path through.  
>> So if you all have music in your home, play some good music, and on the count of eight, everything's going to be a count of eight and one, two, three, four, five, six, seven, eight, two, two, three, four, five, five, six, seven, eight.

That's how I'm going to count, okay? Five, six. So the first part is we're just ‑‑ I'm sorry, first part is, you're going to contract, two, three, four, five, six, seven, eight, and one, two, three, four, five, six, seven, eight. And the next step is you're going to turn to your right, look to your left, and snap and other side, three, and you'll do a double. And, one, two, three, and, four, again, one, two, three and four. Then you're going to say come, come. Around. And again, one, two, three, four, five, six, seven, eight. And you're going to release, two, three, and five six, seven, eight. And one, two, three, four, five, six, seven, eight. So we're going to end up doing this as a proper dance.

So five, six, seven, eight. And three, two, three, four, five, six, seven, eight. Then it's one, two, three, four, five, six, seven, eight. One, two, three, four, five, six, seven eight. And then it's come, two, three, four, five, six, seven eight. And come, two, three, four, five, six, seven eight. Now we want to do ‑‑ we don't want no money. And we're going to do it twice. Two, three, four, five, six, seven, eight. Then we're going to say oh no, two, three, four, five, six, seven, eight. And again, one, two, three, four, five, six, seven, eight. And altogether. Five, six. Let me show you all some breaks in the attitude. And contract. Five, six, seven, eight. And two, two, three, four, five, six, seven, eight, and snap, hold on. Flo, no, I mean y'all over here because the people on Zoom can see us. There we go. Okay. So you can come right over this way. You can stretch it out. Good, awesome. Five, six, seven.

One, two, three and four, five, six, seven, eight. One, two, three and four, five, six, seven, eight. Come two, three, four, five, six, seven eight. And seven eight. Again, one, two, three, four, five, six, seven, eight. One, two, three, and four, five, six, seven and one, three four five six seven eight. Two two three four five six seven eight. Now hang onto this part. You want to just let it go. Say first and then let it go. First and go. All right? And then we have no money. Then one, two, three, four, five, six, seven. And then no. Two, three, four, five, six, seven. Again, two, three, four, five, six, seven and do a snap. Snap, snap, snap, snap, snap, snap, snap, snap, snap, snap, snap, snap and snap and stop. Good. So we survived. All right.  
>> I should have a your song.  
>> So we're going to mark it out two, two, three, four and arms in center. And down, down, and right, left, up and up, center, center, down, down. Center, center, start again, two, three four, five, six, seven eight. Good. All right. So after that part, we're going to do this. You're going to reach up into the sky and pull it up like you're pulling the stars from the sky. You reach up and bring it down. Reach up and bring it down. Reach up and bring it down. Reach up and bring it down. And then you're going to wind your torso. This is a real sometimes what class and again, around.

Two, two, three, four, five, six, seven, eight. Up and down, up and down, up and down, up and down. Again, up and down, up and down, up and down, up and down. And now we got a ticket to like, you're going side to side so front, side backside, front side, back, side, front, side, back, side, front, and center. Good?

We're going to put that together. Y'all doing it on Zoom? We're going to be here, I can't see you right now but hopefully I'll be able to see you soon, all right, march it out. Two, three, four, five, six, seven, eight, up, up and down, up and down, up and down, up and down. And right across. Good. Good. Again and front up and down to the sky and go down, sky, pull it down, sky, pull it down. And to the front and in across from you. Across from you, good. And winding, and wind. Twist your torso. Two, three, four, other side. And two, three, four. Look at those hips moving now. All right, so I see the wheelchair, you're going to move your upper body, you know. But our ladies over here you all need to be moving those hips. So we're going to rotate those hips one, two, three, four, get the stiffness out. Good. And reverse and one, two, three, four, five, six, seven, eight. March it out. Two, three, four, five, six, seven, eight. And pull it forward. Keep it going, two, good, three. Four. Good. Step with your right. Or your left and then when you do it you want to bring your arm in and step with your other leg out. Arms but switch and do the other side exactly. Yes. Yeah. Good. And bring it in. All right. Good. So we're going to start now with some ‑‑ we're going to do our strong which is pretty much a nice little workout with crunches and dance. So you want to put our hands here. And it's one, and it's two, and then it's three, and then it's four. And at five you want to get started and crunch in and out, good. In and out. In and out. So it's opposite so you're going to ‑‑ you're going to your left arm.

Yeah, your left arm, right leg. Uh‑huh and in. And in and out. In and out. Other side. In and out. In and out. In and out. Good. So let's start over. So with a reach with the legs. Five, six, seven, eight and reach, two, three, four, five, six, seven, eight. And here two, three, four, five, six, seven, eight.

And crunch, two, three, four, five, six, seven, eight. Again, two, three, opposite side. Good. Five, six, seven, across and one, two, three, four, five, six, seven, eight. Prepare, two, three, four, five, six, seven, eight and crunch, two, three, four, five, six, seven, eight and other side, two three, four, five, six, seven, eight. Breathe it in. And out.

Breathe it in. And out.  
>> You want to see if it'll play.  
>> Breathe it in. Breathe it out. Good. March in place. So you don't lose your cardio.  
>> (Music playing).  
>> Okay. And we're going to bounce.  
>> Going to do my hair, put my makeup on. It's Friday night and I won't be long until I hit the dance now.  
>> Two, three, four, switch, one, two, three. And no. Two, three.   
>> As long as I can feel good.  
>> And then the money. And the no. And wipe it out. Good. And again, other side.  
>> I got you baby.  
>> Five six and lift it up. One, two, three. And then you're going to go. And no. And wipe it out. Good. Good. And hand snap. And now again. And no. Hands up. Good. And then again. No. Good. To up high. Good. Snap. And jump, good. And bounce. The last one. And up, good. Good. And wave. Good. Woo. (Applause). Let's take a little water break. Y'all need some water too? Get some water.  
>> Water break.  
>> All right, ladies and those on Zoom are we able to see the Zoom.  
>> We had to pin the video so the audience just sees you.  
>> All right. I hope you're enjoying yourselves in the Zoom, thank you, again, for participating, thank you, again for the live. Thank you so much for participating. All right, we want to get started so now we're going, I'm just going to teach you a dance. And the first part is it's actually salsa, here but for us we act like we're hitting the drums.  
>> (Music playing).  
>> Okay, left, and go right. Put up one side. All right. Moving on. You're going to punch it out to the side. And then in the front. And to the side. And in front. One more time. Hand front. Good. Hands forward. Side. And forward. All right. Down. We're going to start it all over again. Five, six, five, six, seven, eight. And act like you're doing drums. Three, four, five, six, seven, eight.

And then here, one, two, three, four, five, six, seven, eight. And hip roll. Good. And to the side, six, seven, eight. And to the right. And on the side. Three, and four. And in to the chest, out to the side. Into the chest, up to the sky. Into the chest, out to the side, down here. And you go left, to the side. And on the other side. One, two, three, four, five, six, seven, eight. Punch to the side. To the side. And again. To the side. Front. Good. Side. And punch. Good. Make this. And release and you're going to bounce two, three, four, five, six, seven. To the side. Two, three, four, five, six, seven, eight. And do it one more time, up and out. And release. Two, three, four, five, six, seven, eight. All right. So we're actually going to turn to the side. And something I love to do in Zumba which is a body roll. Like a snake. And one more time. Good. And lift up that arm and your side to the side and roll it up. When you do that you want to do this. Yeah. All right. So you want to activate those. Good. And it's up to the top and had hand to the side and you wind her up. And one more time. And one, two, three, four, five, six, seven, eight, and one, two, three, four, five, six, seven, eight. And another one. Look at you. You can go to the other song. And only other thing is there's steps. That's it. So we're just going to learn this and they perform it. So hopefully one day. And we can do this in‑person.  
>> Ready?  
>> Yes.  
>> (Music).  
>> And hold down. Good. Five, six, seven, eight. And to the side. Good. Look at you. Out to the side. And bounce. And then we go left. Big hearts. Yeah, punch it out. Good. To the side. And heart. Good and roll it this way. And roll. And roll it again to the side. And then a roll. Up, hand to the side and one, two, three, four. And roll, and up, hand to the side, look. Into the heart, out to the side. Into the heart, out to the side. And then around. Body roll. Arm up. And one out. And move it. Hey, hey, hey. And roll, good. This is the last time. And good. Good. Body. Good. In, in, out, out, in, in, up, up, in, in, out, out, good. Down. Good. Shake it up. Good. And hold. Two, four, five, six, seven, eight, again. And high up. Good. And in again. In, in, up, up. In, in. Good. And now pose. Give me that pose. Up and good. Double. This is the last one. Okay. Out. And in, in, out, out, in, in, up, up, out, out, down, down, jump, jump, and left, left and left, good. Left, left and left. Woo. You guys have any sweat coming out? Awesome, awesome. Feeling good? All right. You got 30 more minutes. All right so everybody know how to, it's just like passed my brain. The soul train line, right? All right. So since we have that Zoom audience we're going to bring it back here. And all we're going to do is wherever you can remember that we just did we're going to do that while you come through the soul line, okay? So we need, a line of people here.

You're going to spread it out. And clap. Good. All right. Woo. Yeah. All right. Okay. Yes. All right. You know me. In, in, out, out, in, in, up, up, woo. Four, five, six, seven, eight, pump it up. Three, four, five, six, seven, eight. And raise your hands. And up. Breathe it in. And out. I know we had some technical difficulties but I hope you had an amazing dance.  
>> Thank you, Sunshine.  
>> And we just want to thank our Zoom audience and everyone for participating my name is K. and I work at the center. Sunshine will be sending out to all the Zoom participants and she has certificates for everyone here today.  
>> Woo.  
>> There's ten people online. And there's some comments about how this place is ‑‑ I love it.  
>> Awesome. Thank you, again, everyone don't believe without your certificate.   
[Pause].  
>> Hey, everyone it looks like the event is over the you would like to stay on and talk about it, that'd be great, we're still recording if not, I hope you had a fabulous time and I hope we can do it again soon. Again, please feel free to unmute if you'd like to chat but it's okay if you don't.  
>> Awesome. It was wonderful.  
>> Thank you, Kim.  
>> You're welcome.  
>> I enjoyed it and I am so tired.  
>> Debora. Absolutely.  
>> So when the next one?  
>> Great question. I love that. When is the next one. Perfect.  
>> I hope I get invited to the next one.  
>> I think you will. I can't see why not.  
>> Okay. Okay, gotta go now, you all take care.  
>> Thank you, you too, take care. Thank you, everyone, I'm going to close the Zoom room here. Again, thank you so much, I believe you will be getting certificates. And hopefully not if but hopefully when there is the next one we will make sure to invite you. Thank you, again, and have a fabulous Saturday. Bye‑bye.  
>> Thank you, you too.