

## Basic 1 Instructor Manual Zumba

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### Basic 1 Instructor Manual Zumba

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### Zumba Manual | Ashley Davidoff

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The first step in becoming a Zumba Instructor is to attend one of these introductory courses: Zumba® Basic Steps Level 1 (B1) ZUMBA® BASIC 1. This course teaches you the foundation and formula to teach a Zumba® class. You will learn the steps to four basic rhythms (merengue, salsa, cumbia, reggaeton).