

Kizombalove

8 KEY RULES OF THE JOSE NDONGALA KIZOMBALOVE METHODOLOGY

1. The tempo of the music has to be considered and indicated before starting a step.
2. Every step, including the basic step, has to be done in 8 beats.
3. The basic step has to precede every step.
4. Every step has to start on the 1st beat with the left foot for the man and the right foot for the lady.

EN

~ ~ Discover the sensual dancing secrets with Belgium 's well-known and passionate Kizomba/Semba promoter José N'dongala. He is the founder and developer of the "José N'dongala kizombalove Methodology" ~ ~ ~

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~ ~ ~ Ontdek de geheimen van een sensuele dans samen met de bekende en gepassioneerde promotor, José N'dongala, stichter en dansleraar van de "José N'dongala Kizombalove Methodology" ~ ~ ~

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5. Every step or the sequence of the figure has to have the same start and end position.
6. The body position at every break has to be considered, taking into account the start and the end position of the figure or the sequence of the figure.
7. If a step does not end in the start position, the same step has to be done again until reaching the start position. (Advantage: learning to apply the step from a different angle to develop orientation skills in the space)
8. While dancing the music has to be the dominant element and not the steps.

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