

# ZIN Practice Test Questions and Answers

## 1. Which best describes Cumbia movement in Zumba?

- A) Side shuffle with hops
- B) Lunge and punch combo
- C) Step-tap with torso twist
- D) Kick and cross

## 2. Why is a proper cool-down important after Zumba?

- A) Increases adrenaline levels
- B) Prevents fatigue
- C) Regulates breathing pattern
- D) Helps prevent dizziness and blood pooling

## 3. Why is musicality important for a Zumba instructor?

- A) To memorize song lyrics
- B) To avoid using music
- C) To count steps loudly
- D) To synchronize movement with the music

## 4. Which movement is commonly used in the Salsa rhythm?

- A) Box step
- B) Salsa basic
- C) Heel digs
- D) Jumping jacks

**Answers: 1-C 2-D 3-D 4-B**

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