



今月のテーマ

# 「ズンバ」の魅力

話し手

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(リサ・ブル)

アメリカ、ウィスコンシン州出身。Lechner & Associates, Inc. 代表取締役。管理職を対象としたヘッドハンターとして働く一方、ズンバ（ラテン系の音楽とダンスを融合したフィットネス・プログラム）インストラクターとしても活躍。料理の腕前もプロ級。



## STEP 1 話の全体像を推測 10分

概要を把握するつもりで、音声を通して聞いて、話されている内容を、大まかでいいので下のメモ欄に書きましょう。メモは日本語でも英語でも構いません。



前半



後半

[メモ記入例]

意見と書くのは大変、その人は  
性格がわる。You should prepare.  
英語で何時間も話さないでいい。  
→ 77. カラダを動かすのはいい。  
9. 7. 6. 1. 2.

What is When is important.  
X is not good. 長くて遅い。  
賛成も書く、相手の意見に同意。  
2 → 目には見えない、書くのはいい。  
1 → 2. 3. 4. 練習が必要。

書き方は自由！  
まとまった文章でも、  
箇条書きや英語のままでも、  
図などを使っても OK。

**STEP 2 ディクテーションで弱点把握** 20分

音声を聞いて、以下の読めなくなっている箇所に入る語句を書き取りましょう。  
書き取れない箇所は、聞こえた通りに片仮名で書いても構いません。

※ ディクテーションの手順は、p. 009。



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I love Zumba fitness. If you are not familiar with it, just look for it and you will find that this is a craze that's sweeping the whole world.

I started it because I, at one point, years ago, did not feel good. I didn't have good self-confidence. I did not have a lot of energy. I wasn't as happy a person as I had been previously in my life, and so I was looking for some sort of thing that would make me happy. And I'd always loved dancing salsa. I had had a class in western Florida for many years. And so, I happened to go to a class and I went to it. Not only did I love the music, but I loved that I could do it. That was the moment in the room that I thought, "OK. I've found it. I've found my thing."



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And I became friends with some people and really, a good year or so, we became friends outside of class and I have enough Zumba teachers. So they kept begging me, "Oh, you have to go to a one-day training. That's all it takes — it's very easy to be an instructor. And I, you know, I learned a lot.

My first class. There's a lot of planning that goes into executing a good class — a good class for the students. Every week, that someone is going to make them feel good about it, it's not about me; it's about the people there.