



SHOWCASE PROGRAM

S A Z Ó N LIVE III

IS THE SEASONING OF OUR LIVES

THIS SHOW IS DEDICATED TO WHAT AND HOW WE CONNECT

CELEBRATING UNIQUENESS AS OUR COMMON GROUND

AMPLIFYING THROUGH THE TRIUMPHS AND TRIALS THAT WEAVE THE FABRIC OF OUR
LIFE

CULTIVATING SAZÓN!

AS WE SHARE

WE CROSS POLLINATE

GAINING OPPORTUNITY TO EXPAND AND GROW

DANCE AND MUSIC

A PURE STREAM OF COMMUNICATION

AN ABSOLUTE EXPRESSION

INSPIRED BY GUIDANCE FROM THE UNIVERSE

LET US STOMP OUR FEET, CLAP OUR HANDS AND HOOT THE HOLLER

ADDING TO THE S A Z Ó N OF OUR TIME TOGETHER

IN HONOR OF OUR ANCESTRY
UPHOLDING LEGACY
WE SHARE WITH YOU,
PASSION OF OUR CULTURES

Honoring Legendary Latine Divas

Showcase Program

(Act 1: then and now)

Sazonadas

Sinaloa, Mexico

Son De Los Aguacates

This dance and song is a light-hearted celebration of the joys and life through the metaphor of the delectable and creamy fruit, avocados. A magical arrangement that lyrical phrases in a lifetime that cycle throughout time.

Music by: Banda Sinaloense MM

El Niño Perdido

This dance and song is about a little boy whose mother died and so his father would take him to work because there was no one to look after him. The father gave his son a trumpet to learn while he waited outside until his workday ended. One day the little boy was not waiting outside and the father, being a “musico” himself, walked around sounding his trumpet to call for his son. Reunited through the communication of the trumpet. Notice how the trumpet sounding oscillates between the left and right speaker, signifying their calls to one another. JahWay (a.k.a John Wayne) stars in this film short about finding his way back to familiar ground. Produced by Christina Perez

Music by: Banda Sinaloense MM

El Sinaloense

Is a person from Sinaloa and also one of the most emblematic musical pieces of the state. Home of some of Mexico's most venerated performers (Lola Beltrán and Pedro Infante). Banda music was established in the 1880's in Sinaloa and expanded to other nearby states in the 1890's. Its roots come from the overlapping of Mexican music with polka music. The state did not have a formal regional dance form until the early 1970's. The main dance style, as indicated by all modern research of this Pacific area, is inspired by the Jalisco sones. Although many variations have been included, reflecting the integration of old popular tunes and songs from the

60's Mexican hit parade into the banda Sinaloense repertoire. The exhilarating ambiance created by the thundering ensemble, Banda El Recodo soon became Sinaloa's favorite.
Music by: Banda El Recodo

FILM 1

Honoring Legacy Latine Divas **Lola Beltran** and **Rocio Dúrcal**

Talia Morales

**Singer-songwriter Songbird Honoring Powerful Vocalists of South America:
Chacuba Granda, Violeta Parra, Maria Grever, and Isolina Carrillo**

FILM 2

Honoring Legacy Latine Divas **Selena** and **Lila Downs**

Sazonadas

Huasteca Regions of Mexico

El Querreque

This is a standard folk song which translates to “woodpecker” or a ‘talkative person’. Tamaulipas is rich with diverse landscapes, extensive fertile plains in the north and mountainous in the central and southern regions. The sandy, lagoon-dotted coastal zone is sparsely inhabited. It is known for its rich cultural heritage and beautiful natural landscapes, including tropical rainforests, beaches, and lagoons.

Music by: Tlen Huicani and Lino Chavez

El Caballito

This Huapango, Son Huasteco, is a traditional regional Mexican dance of Veracruz, San Luis Potosi, Hidalgo, Tamaulipas, Queretaro, and Puebla. Huasteca is Nahuatl, meaning “Land of gourds”. Huapango music evolved from Spanish music (seguidillas and fandangos) yet was interpreted and altered by the natives to represent the celebrations of the land of abundance, resulting in the use of a falsetto vocalization. This dance features intense fast-paced zapateado to mimic the galloping sounds of a little horse (“el caballito”)

Music by: Huapangos Huastecos

~Intermission~

(Act 2: uplifting hearts)

Sazonadas

Veracruz, Mexico

Son Jarocho emerged from the warm lowlands and rich port of Veracruz, a cultural fusion. Evolving from Indigenous, African, and Spanish roots. Rhythmic, poetic, festive. Ports tend to be alive, joyful and fiery. With the bright jarana guitar strumming the brilliant melody, and lyrical requinto, with the flowing wingspanned arpa weave together the verses that spellbound the love, laughter, land and resilience of the people. A heartbeat of the “gente” with memory and movement. With each zapateado and vocalization the spirit continues with rise.

Love Life Integration (maiden, mother, crone)

Oration by: Christina Perez

This collection of dances are set within a celebration of the life cycles of a woman, a reminder of the potency in each phase of human existence in feminine form.

El Cascabel

This dance is son jarocho originally written by Lorenzo Barcelata in the 20th century. Is a fundamental part of Veracruz and Mexico's culture. It is a song that was chosen to represent the musical culture of the world featured on the Voyager Golden Record made to be shared with extraterrestrials by Earth from NASA in 1977. The soul of Mexico is captured in a song both charming and a warning, as a little bell, or rattlesnake, something to watch out for and to be aware that something great is present or coming.

La Bruja

A traditional son jarocho of Veracruz about an alluring “bruja” (a witch) with a hypnotically striking dance featuring the balancing of a candle on her head. The candle signifies the light that seduces and guides the attraction induced by the swirling dance, swaying skirtwork and cadence of the zapateado (footwork) that mesmerizingly entices.

Tilingo Lingo

Again, son jarocho beacons the Indigenous, Spanish and African influences in Mexico. With a joyful song and dance that teases and plays that even a “gringo” or other visitor—can tap their feet or attempt this notoriously difficult and rapid zapateado. Considered one of the most exhausting and technically demanding dances in Mexican folk traditions. The intricate footwork matches the requinto and jarana guitars. A dance with a challenging spirit that we, Sazonadas, choose to dance together as one.

FILM 3

Honoring Legacy Latine Divas **Gloria Estefan** and **Omara Portuondo**

Dina Bendenko

Saturday, A Tribute to Carmen Miranda “ChicaBoom” and “Fanfarra”

Sunday, “Tico No Fuba” and “Mas Que Nada”

FILM 4

Honoring Legacy Latine Divas **Aida Cuevas** and **Linda Rondstat**

Sazonadas

Jalisco, Mexico

Las Abajeñas

Las Abajeñas are the people that come from the valleys and canyons known to be tall, proud and “Godly”, according to this song. Singing to the “mariquita” (ladybug) that one day “you will be mine”. With the virtue of “let it go and it will come back” if it’s true.

Music by: Mariachi Vargas De Tecalitlan

El Son La Negra

It is one of the most iconic works of Mexican folkloric dance and music, often called the “second national anthem” of Mexico. Rooted in the traditions of Jalisco, it celebrates joy, love and cultural pride through vibrant footwork, synchronized skirtwork and the famously recognizable sound of the Mariachi cadence. Both infectious and grand, it brings lift to the soul and spirit to your feet. Truly enjoyment!

Music by: Mariachi Vargas De Tecalitlan

La Madrugada

This dance is dedicated to the hours after midnight and before the sun rises when a person of the “la madrugada” aims to steal as many kisses as possible. That potent time when deep sleep is happening or in this case the most lively fiestas are coming to an end. On the way home reminiscing of the bright moments shared, the laughs and the push of getting home before dawn. Jalisco's climate is ideal year-round and boasts an impressive landscape making it prime for long festivities and the expansive cultivation of the blue agave. Given that Jalisco is the birthplace of Mariachi and Tequila, these two go hand in hand.

Music by: Mariachi Vargas De Tecalitlan

Showcase Bow

Community Dance & Photo Ops

(((((*****))))))

Featured Performance Artists (In order of appearance)

Talia Morales

MA, MT-BC, is a board-certified music therapist, expressive arts therapist and lifelong musician. As a vocal performer Talia has collaborated across a spectrum of musical genres—from jazz combos and big band ensembles to blues and funk bands. As a songwriter, she weaves together influences from world music, jazz, and Latin American folk traditions into her own original compositions. Morales is founder of ¡**ÁnimoMúsica!**, a bilingual music enrichment program and resource hub for parents, caregivers, and educators working with children.

Instagram: @animomusica_tialia

YouTube: @animomusica

Dina Bedenko

Is a founder of Energia Entertainment, and a director of SuperSonic Samba School. For over a decade she has been sharing the beauty, culture and joy of Brazilian Carnival with audiences of all ages. A multidisciplinary artist, Dina is an artistic director, dancer, award-winning choreographer, a national champion dance team leader, and producer of spectacular immersive events. Her greatest fulfillment is to collaborate with artists of all genres and disciplines, merging visual and performing arts to create a true vibrancy for San Diego's cultural scene. Instagram: @_energia_entertainment | @supersonicsambaschool

Sazonadas Dancers

Sazonadas/o dance for the love of our ancestors and to uplift family heritage. The synergy felt when old friends come together is what we experience every time we dance together.

Christina Perez Born in National City, raised by her parents and 5 siblings in Chula Vista, (SouthBay!). She founded Sazonadas in 2023, ballet folklórico was her first guided artform, at the age of 3 years old. Advanced training in traditional and classic dance forms with decades of ballet folklórico studies. It has been a long time dream to curate a group of well seasoned folklórico dancers. The dancers she invited for this project were chosen because of their dynamic nature complimenting their wisdom and fervor for life. Joyfully she choreographed the dances for Sazonadas, produced and directed Sazón Live and edited the audio/visual bed for the showcase to enliven her passion. With a knowledge base of 21 regions of Mexican dance, proficient in multiple forms and styles, she connects with her ancestors through dance receiving their messages and blessings. Christina is a holistic arts practitioner, a sacred plant master of therapeutics, frequency alchemist, and an award winning filmmaker. She enjoys making, creating full sensory environments, loves to be in nature, gathering with her trusted circle and playing with JahWay (the star of El Niño Perdido).

Erimar Luna Erimar began dancing the fall of 2017 with Grupo Folklórico Los Mejicas de UC Santa Cruz, while completing her undergraduate degree. Dancing became a space of joy, community and connection, making Los Mejicas her home away from home. Since then, she has continued to grow her skills as a dancer, using the art form as a way to connect more deeply with her identity and Mexican roots.

She dedicates her days working and connecting with youth, their families and community organizations to further promote wellness, health and upward mobility through college and career development. In the near future, she hopes to become a school counselor, where she can integrate movement, dance, and music as tools to support mental health and encourage healthy coping practices among young people.

Aside from dance, she loves cats, mint chocolate chip ice cream, Pilates classes and nature walks ☀️

Her favorite regions are Veracruz and Nuevo León 🇲🇽👤

Jessica Mercado Amongst her extensive folklórico dance and music background, in 2008, she began with the Ballet Folklórico del Centro in Balboa Park, as a company Dancer, an immersion into the rich and nuanced history of the Chicano and Latino community in San Diego. In 2021, she accepted an ensemble Dancer position with Sazonadas Folklore Mexicano further expanding her evolving repertoire of ancestral dance traditions.

Karina Serrano Pérez Karina was born and raised in the borderlands of San Diego-Tijuana. She is currently a Spanish/History elementary teacher in Chula Vista and Curriculum coordinator for Advancing Students Forward, a bi-national nonprofit working with youth in Tijuana. Karina is a proud child of immigrants, Raúl and Martha Serrano. From a very young age her parents instilled the love and importance of Mexican culture and traditions. As a mother of two of Mateo and Isabela, both her husband and her hope to instill that same love of Mexican culture to their children. At the age of 7 years old she began dancing ballet, tap, jazz and folklórico. Karina first started dancing folklórico with her church group at Christ the King Catholic Church. While attending the University of California at Santa Cruz for her BA (Sociology and Leadership), MA in education and Bilingual teaching credential she danced with the university student Folklórico dance group, Los Mejicas. She was a danzante at first and then became co-director of the group in her final year at UCSC. After returning home to San Diego in 2001 she joined the Folklórico dance company at the Centro Cultural de la Raza, Ballet Folklórico en Aztlan, she performed all over San Diego with the company for over 9 years. Her love of dance has always been and will always be a part of her life.

Nancy Bernal

Began dancing folklórico in high school, where she first joined a group. She has always been tied to dancing since a young age and enjoys all styles of music and dance. "It's a way to keep my heart whole with music and dancing!"

Sergio Bernal

Dancing folklórico since high school. Started a group at UCSD in 2003 with friends which is still active today. He has been involved in various dance groups and attended workshops to further his experience. "Folklórico dancing is a great way to stay in touch with my culture and keep traditions alive for future generations to enjoy."

Yadira Ortega She has been a Folclórico Dancer since 1988. It keeps the vibrancy alive for her Mexican heritage and family honor. She dedicates her dance to her "Nanita", with pure heart and soul, uninhibited beauty is expressed. Previous dance group tutelage: Casa de la Cultura 1988-1993, Centro Cultural de la Raza 2002-2009, Ballet Folclórico Yady's 2009-2010 and Sazonadas 2023-Present. Conferences attended: ANGF 2003 & 2004. Yadira is a College Instructor of Spanish, 1998 - Present. Teaching through culture is her passion.

Lighting Technician

Juaquin “JC” Calleros Has been a stage production actor, musician and DJ since 2014. This is his first position as a Lighting Tech for a live-stage dance and music showcase. He is also a seasoned film and video actor skilled in both on-stage and behind the scenes roles. He enjoys live production and is enthusiastic to put his talent to work with Sazonadas for Sazón Live at Centro Cultural de la Raza.

Filmmaker and AV Specialist

Christina Perez

Appreciations and Mentions

Thank you to our PARTNERS in proliferating Art and Culture

Centro Cultural de la Raza (CCDLR)

The Arts Advisory Committee and The Board of Trustees

Utmost appreciation to the incredible staff and volunteers of CCDLR

Esau Cortez

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Vitta Olivieri

Ana Hernández

Karla Reyes

Grace and Gratitude to The Chicano Park Museum and Community Center

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BIG UP TO ALL WHO BOUGHT TICKETS!!!

Abrazos to ALL who Supported Sazonadas to develop this Showcase

Thank you to our sponsor

Music Box San Diego

Sazonadas are available for private events:

Email: Sazonadas@cognitiverise.tv

Instagram: @sazonadas_folklore

<http://cognitiverise.tv/sazonadas>

Until we dance together again, goza goza goza!