## SAMBA - BALLROOM DANCE CLASS NOTES

Samba is the most active Latin America dance which originated in Brazil. Music for Samba is flery, yet lyrical, and the dance is very light as far as footwork is concerned. The body rise and fall is characteristic and is always turning and at the same time swaying back and forth at a pendular angle. Man leads out to left with left toot as he stees forward Basic Turm:

By leading to the right, he can make a right; mittyd admag

....

There is controversy over the way samba rhythm should be counted. It is sometimes counted in 2/4 meter as in the two step. It may also be counted in 4/4 meter with cut time, with a dotted  $\frac{1}{4}$  note followed by an 1/8 note and a  $\frac{1}{2}$  note, followed by the long final beat and counted slow, quick, slow. For our purpose in this class we will consider it 2/4 time with a quick, quick, slow rhythm pattern. It has a double accent on each of the two major beats and these downbeats are represented by the down movements of the dance.

The execution of the up down up down weight change is the secret to the smooth springing rhythm. There is a change of weight, from one foot to the other, on each of the three beats, down-up-down, by a preliminary lift up of the body on the upbeat of the music sets the rhythmical swing in motion. Side Change Weight

Sine Plante Vielaht

## Samba Style:

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There is total body action in the samba. An easy springing motion comes from the ball of the foot, the flexible ankle and the easy relaxed knee. The upper body is held firmly poised, never sagging, and seeming to sway forward and back about an axis which centers in the diaphragm. The arm position when not in contact with a partner is held out from the body, a little above waist level, bent at the elbow parallel to the floor, palm down,

	MARCON				
Dance or Variation and still side at mountains	ote: - When repeated over and over side, it may be done to the rig	и,			
Basic Step	Fwd L Step R next to L Step L in Place	:-			
(forward and back)	Q + Q S				
	t side la sic L	Side Basic and			
	Bwd R Step L next to R Step R in Place	Chasse Pattern			
1100	Q I an Que essado 4 S				
	I basic side N				
Cue:	Forward Change Weight Floor Pattern				
• • •	Backward Change Weight:				
Lead:	Man increases tension of his right hand on her back, man				

A to descharg as World releans backward slightly after stepping forward with his left foot and rocks forward after stepping backward with his right foot. Lady's movement is reversed.

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Style: housely Steps are small, Feet are close together on change step. at a rest at Rise and fall of body begins on upbeat with a rise of the first to both the body of the characteristic and the bar one about the body of the same time awaying back and forth at a penduki angle. Man leads out to left with left foot as he steps forward Basic Turn: By leading to the right, he can make a right turn. There is controversy over the way sambs rayther should be counted. It is some-Slow Side Close of between set Swd L. Close R to L, stake weight on Re in some senit with out time, with a dolled i note followed on 1/8 of and a have, followed .... my the long fleet heat and counted slow, quiex, slow. For our pure un in this class is and it. a restlet and Repeat 3 times moving left, last time do not take weight vel beings rates a ready right but be ready to go back to the right; take 4 side for on close steps to right. the down movements of the dance. Man pulls to the stepping side. The rock is discontinued Lead: as is the down up motion. The rhythm is even. Swd L Step R behind L Step L in Place Sideward Step Q Q The execution of the up down up down weight analyst a the second of the end Swd R Step L behind R Step R in Place of the principality of the three bests, do not by a pro Quanty lifQue of the three bests, do not by a pro Quanty lifQue of the three bests, do not by a pro Quanty lift of the three bests, do not be the uprest. of the rough sets the rhydrolest averaged Side Change Weight Cue: Side Change Weight Sumula Style Lead: Man turns lady 1/4 CCW as he steps Left and he turns her sent 2 CW as he steps Right he signal ent and ent to Had out or nor convency with east bitte teathering responsitions for the chiral and the Chasse (left), closed position Swd L Step R behind L heel a partner is neld out from the body, if 0 0 parallel to the floor, nake down, When repeated over and over it will cause travel to left Note: side, it may be done to the right side starting with right (stand but by syrrol) 1 side basic L Side Basic and and a side basic R 身 bwd Chasse Pattern 4 chasse steps L 1 basic side R 1 basic side Land because Plant Pattern

bian increases tension of his right hard on her back, even · :bsoJ ain rule by Lead: paiggots thead leads as style indicates below. Man guides L or R driw braysland salequer sericincreases body tension. Their

4 chasse steps R) brawles

continuel ... his right foot. Lady's movement is reversed.

Side Basic (Cont.) Cross R front L And Tr Cross L front R Swd Tr Cross R Couple remains in closed position. Both turn head to look over shoulder to the side (man's left and lady's right) when taking chasse left (to the opposite for chasse right). Pick up Zanic Copa Step (open position) Fwd L step back in place on R toe Drag L foot back, take weight L Q Q step back in place with L toe Drag R foot back, take weight R place a notice Fwd R Q Break Fwd to a side by side position - lady is an man's lage - step will be-Pwd (toe out, curn Tg Pl Fwd (coe in four rd pilled bis brawol Cue: back on parener) Man leads into open position from the back half of basic samba step. Lead: Copa step will begin on left foot. Man leads to closed position when his step begins with the right foot and he may go back to basic samba 24 Circle Lon O C S (lady display R) Scissors Step Swd Tg Cross Rover Ly Swd Tg 9 Cross L over R S Q 2 Q L Rot S mix about 1 dept square Rot d R R Scissors with Heel and Toe Pattern Key to abbreviations: Leadfrom Copa Step Position - Apart, man's left hand holding lady's right Tg Cross L front R Swd Tg Cross R front L Swd Cross L front R Swd Tg Line of drection Q R L R nuick step (a nuom (The heel is placed diagonally forward to the Follow with - Heel and Toe left, the toe goes behind.) solis remuos QQ S clockwise R R

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