

Samba

Fast Facts:

The Samba is an all-out party dance with origins from Brazil's Rio Carnival. It is made up of many different South American dances incorporated into one. It is very rhythmical with lots of hip action.

Walking Samba steps and side steps are the basic components of this dance. The major characteristic of the Samba is the vertical bounce action. Steps are taken using the ball of the foot. The accomplished dancer is made to look effortless and carefree with knee action, body sway and "pendulum motion."

Distinctive moves:

The Basic step is a *Volta* (a crossing action in front of the body, where you step across with the bounce). You will see a bouncing action predominantly through the knees.

Look out for the *Samba roll* – a rolling movement from the waist up. The upper body circles as you create a six-step turning group.

Many Sambas have a move called a *Bota fogo*, which is a traveling walk with a change of direction from left to right or right to left.

There should be lots of outstretched arms.

The samba has a distinctive climax, it ends with throwing of heads back and arms splayed out to side.

There should be a good balance of moving steps and stationary steps.

Samba (Latin)

The samba is the national dance of Brazil, and it is danced in every club, carnaval parade, and in virtually every home. The rhythms of samba, as well as the word itself, were brought to Brazil by West African slaves. Because it can carry overtones of sadness or regret, samba has often been compared to the blues in the US.

The rest of the world started to discover samba after an exhibition in Paris in 1905, but it wasn't until the 1940s, thanks to movie star Carmen Miranda, that the samba became a sensation in America.

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