



THE SAMBA

EDITOR'S NOTE: SAMBA is our favorite dance and we are including some information on the very basic, basic step of Samba which we hope may help dancers enjoy the nice Samba round dances currently being choreographed. While we are not round dance teachers, DAVE was a ballroom dance teacher before his heart attacks and he used the Arthur Murray style of dancing which is the source of his information.

The Samba is the happiest and most fun dance of all the popular Latin American dances. It originated in Brazil, where it gradually developed from a carnival dance into its present graceful style but the music still retains the fiesta mood.

The distinctive characteristic of Samba is a smooth up- and -down knee motion taken, with few exceptions, on every count of the music. The step patterns are easy to learn; it is the Samba motion of each step which will require practice.

SAMBA MOTION: Both the man and the woman can practice the following in order to get a feel for Samba motion:

STAND WITH FEET TOGETHER.

PRACTICE IN PLACE, RISING ON TOES WITH KNEES STRAIGHT AND THEN BENDING BOTH KNEES AT THE SAME TIME. COUNT AND-1, AND-2. RISE ON THE TOES ON EVERY COUNT OF "AND" AND BEND BOTH KNEES ON THE NUMBERED COUNTS 1,2.

Exaggerate your knee action at the start; with practice you can gradually attain a smooth, effortless appearance. Be sure to continue practicing in place until you can keep time to the music.

FOOTSTEP PATTERN OF BASIC SAMBA: It is essential you first know the footprint pattern of the Basic Samba before you can learn to dance it in Samba tempo. This is the very elementary of instruction but it is far easier to master Samba style for the pattern once you know the positions of the feet.

The man's part of the basic Samba is as follows: (Women too should learn this portion.) (Our ballroom teacher suggested you place a broom on the floor and practice the basic step by jumping over the broom. You can try this if you think it might help.)

FORWARD: Start with feet together.

AND-1 FWD Step forward with left foot.

AND CLO Bring right foot next to left, weight on right.

2 IN PL Step in place with left foot.

AND-3 BACK Step back with right foot.

AND CLO Bring left foot next to right, weight on left.

4 IN PL Step in place with right foot.

You should repeat this pattern until you have achieved a smooth change of weight. When you can move forward and back almost automatically, you can then practice the basic Samba step using Samba tempo and style.

The step will then be: (You should rise on toes with knees straight on every count of "and". Bend both knees on every numbered count (1, 2, etc.)

FORWARD: Bounce forward with left foot (and-1); bring right foot next to left with weight on right and step in place with left foot (and-2). (Knees should flex twice during this forward portion.)

BACK: Bounce back with right foot (and-3); bring left foot next to right with weight on left and step in place with right foot (and-4). (Flex knees twice during this backward portion.)

