



Ballroom Samba has its origins in Brazil (but differs significantly from the Brazilian Samba varieties). It has a lively 'festival' feel to it, with lots of fast leg movement and sideways steps, making it very popular in social dances.

{rokbox title=|Samba :: Sample Ballroom Samba|
thumb=|images/stories/articles/samba_sample.jpg| size=|854 505|
album=|samples|}http://www.youtube.com/watch?v=RU1kT-PfCQE&hd=0&autoplay=1{/rokbox}

Samba is arguably Brazil's most famous export! It is fast and colourful and can be danced to most 2/4 and 4/4 time music. It has evolved into a Ballroom version (partnered) which includes movements from other forms of dances. It is danced on the ball of the feet with knees relaxed and slightly bent, and uses quick half-beat bounces (by bending and straightening the legs) while switching weight between the feet (e.g. 1-and-2, 1-and-2...).

Beginner Routine

Basic Step:

- (1) Left foot forward;
- (and) Right foot forward (closes with left, weight shifts to right foot);
- (2) Replace weight (back) on Left foot;
- (1) Right foot backward;
- (and) Left foot backward (closes with right, weight shifts to left foot);
- (2) Replace weight (back) on Right foot; (ready to repeat from the top)

Whisk:

All while facing forward:

- (1) Left foot to the side;
- (and) Right foot sweeps back behind left (knees bent, weight shifts to right foot);
- (2) Replace weight (back) on Left foot;
- (1) Right foot to the side;
- (and) Left foot sweeps back behind right (knees bent, weight shifts to left foot);
- (2) Replace weight (back) on Right foot; (ready to repeat from the top)

Samba Walk:



All while facing to the left:

- (1) Left foot forward (hips swing forward slightly exaggerated);
(and) Right foot forward (closes with left, weight shifts to right foot, hips swing backward straightening knees);
- (2) Replace weight (back) on Left foot;
- (1) Right foot forward (hips swing forward slightly exaggerated);
(and) Left foot forward (closes with right, weight shifts to left foot, hips swing backward straightening knees);
- (2) Replace weight (back) on Right foot; (ready to repeat from the top)

Samba Walk In A Circle:

With each step direction changes to the left (walks in a circle):

- (1) (Change direction slightly left) Left foot forward (hips swing forward slightly exaggerated);
(and) Right foot forward (closes with left, weight shifts to right foot, hips swing backward straightening knees);
- (2) Replace weight (back) on Left foot;
- (1) (Change direction slightly left) Right foot forward (hips swing forward slightly exaggerated);
(and) Left foot forward (closes with right, weight shifts to left foot, hips swing backward straightening knees);
- (2) Replace weight (back) on Right foot;
- (1) (Change direction slightly left) Left foot forward (hips swing forward slightly exaggerated);
(and) Right foot forward (closes with left, weight shifts to right foot, hips swing backward straightening knees);
- (2) Replace weight (back) on Left foot;
- (1) (Change direction slightly left) Right foot forward (hips swing forward slightly exaggerated);
(and) Left foot forward (closes with right, weight shifts to left foot, hips swing backward straightening knees);
- (2) Replace weight (back) on Right foot; (now facing front and ready to repeat from Basic Step)

Some Intermediate Steps

- Whisk with Lady's underarm turn
- Side Samba Walk
- Volta moves
- Bota Fogos
- Criss-Cross Bota Fogos