



# SESSION HANDOUT

## Brazilian Carnival

### Presenters Name

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Assisted by Ricardo Carvalho – ZES Brazil

## SESSION HANDOUT

### Presenter

Priscila Sartori  
Fabio Barros  
Ricardo Carvalho

### Schedule

10 min– Introduction  
10 min – Forró  
10 min – Funk Carioca  
10 min – Axé  
20 min – Samba  
60 min – Master Class

### Session Objective

- Learn some of the most exciting rhythms from Brazil. Use them to spice up your classes, and to make your students feel as if they are at the Brazilian Carnival Festival in Brazil.
- Learn how to modify or intensify the rhythms with your special moves, by adding your own flavor to them.

### History & Background

#### Forró

From the Northeast of Brazil, Forró is the most popular rhythm danced. Different types of music can be used to dance the Forró. Traditionally, the three instruments used to play Forró are the accordion, zabumba and a metal triangle. The dance also becomes very different as you cross the borders of the Northeast into the Southeast. As part of the popular culture it is in constant change. The dance known as college Forró is the most common style between the middle-class students of colleges and universities in the Southeast, having influences of other dances like salsa and samba-rock. The traditional music to dance the forró was brought to the Southeast from the Northeast by Luiz Gonzaga, who transformed the baião (a word originated from baiano and assigned a warm-up for artists to search for inspiration before playing) into a more sophisticated rhythm. In later years, forró achieved popularity throughout Brazil, in the form of a slower genre known as xote, which has been influenced by pop-rock music to become more acceptable by Brazilian youth of Southeast, South and Central regions.

## **Funk Carioca**

Funk Carioca, favela funk and, elsewhere in the world, baile funk, is a type of dance music from Rio de Janeiro, derived from Miami Bass.

"Baile funk", in Rio, refers not to the music, but to the actual parties or discotheques in which the music is played. Although originated in Rio, Funk Carioca has become increasingly popular amongst (mainly) low classes in other parts of Brazil. In the whole country, Funk Carioca is most often simply known as funk, although it is very different musically from what funk means in most other places.

## **Axé**

Axé is a very popular rhythm from the city of Salvador located in the state of Bahia. It was created approximately in 1986, fusing different Afro-Caribbean rhythms, such as Marcha, Reggae, and Calypso. It also includes influences of Afro-Brazilian music such as Frevo, Forro, and Carixada. Samba Axé is a solo dance that started in 1992 during the Brazilian Carnival season in Bahia. The dance is completely choreographed and the movements tend to mimic the lyrics. It's a very energetic kind of dance that mixes elements of Samba no pé and aerobics. The most important creator of Axé was Alfredo Moura, conducting Carlinhos Brown, Luiz Caldas, Sarajane and others. The word "Axé" means good vibration.

## **Samba**

Samba is a Brazilian dance and rhythm originated in Bahia and with its roots in Brazil (Rio De Janeiro) and Africa via the West African slave trade and African religious traditions. It is recognized around the world as a symbol of Brazil and the Brazilian Carnival. Considered one of the most popular Brazilian cultural expressions, samba has become an icon of Brazilian national identity. The Bahian *Samba de Roda* (dance circle), which became a UNESCO Heritage of Humanity in 2005, is the main root of the *samba Carioca*, the samba that is played and danced in Rio de Janeiro.

## **2014 ZUMBA INSTRUCTOR CONVENTION**

## Basic Steps & Variations

Each Movement listed below contains the basis movement, arm variation, Beat/Rhythmic/Directional Variation (if applicable) and a Fitness/Athletic Variation.

Basic Steps of Forró			
Movement	Arm Variation	Beat/Rhythmic/Directional Variation	Fitness/Athletic Variation
Front and back Hopping	Ballroom Arms Shoulder Bounce	R leg forward, and L leg back Or L leg forward, and R leg back	Back lunges
Forró Travel	Ballroom Arms Shoulder Bounce	2 steps to the R then L "Step together, step tap"	Grape vine with a Knee Lift
Forró Back Step	Ballroom Arms Shoulder Bounce	Step back, center, back	Squat
Tremidinha	Arms front and back	Shimmy	

<b>Basic Steps of Funk Carioca</b>			
<b>Movement</b>	<b>Arm Variation</b>	<b>Beat/Rhythmic/Directional Variation</b>	<b>Fitness/Athletic Variation</b>
<b>Basic funk</b>	<b>Arms bent</b>	<b>In a Squat position, swing upper body side to side, adding elbow pumps</b>	<b>Side Lunge Squat</b>
<b>Knee Lift</b>	<b>Arms up</b>	<b>R Knee lift, pivot turn, R knee lift O L knee lift, pivot turn, L knee lift</b>	<b>Circle Arms Engage Abs</b>
<b>Travel Snake</b>	<b>Natural movement Put your shirt on</b>	<b>2 Step to the R, with 2 body rolls 2 Step to the L, with 2 body rolls</b>	<b>Engage core</b>
<b>Hip Lift</b>	<b>1 hand up/ other hand slapping the hip</b>	<b>Hip Lift with leg bent 360 Turn</b>	<b>Squeeze Oblique muscles</b>

<b>Basic Steps of Axé</b>			
<b>Movement</b>	<b>Arm Variation</b>	<b>Beat/Rhythmic/Directional Variation</b>	<b>Fitness/Athletic Variation</b>
<b>Samba Axé</b>	<b>Arms up</b>	<b>Pony Step Forward and Back</b>	<b>Pony Forward and squat back</b>
<b>Axé Twist</b>	<b>Alternating arms pushing forward</b>	<b>Twist forward for 4 counts and jump back for 4 counts 360 Turn</b>	<b>Twist down and up</b>
<b>Axé Side Step (Destroza)</b>	<b>One arm stretched to the side Chest Pump</b>	<b>360 Turn</b>	<b>"Get Low"</b>
<b>Axe Travel</b>	<b>Punch Cross</b>	<b>Single, Single, Double Single, Single Double, Double</b>	<b>Single, Single, 2 Squats</b>

<b>Basic Step of Samba</b>			
<b>Movement</b>	<b>Arm Variation</b>	<b>Beat/Rhythmic/Directional Variation</b>	<b>Fitness/Athletic Variation</b>
<b>Basic Samba Step</b>	Arms at shoulder level Ball of the foot Heel of the foot	4 Walls  Travel side-to-side	Push Hips side to side  It is all about the hips
<b>Samba Side-to-Side</b>	Arms above your head	360 Turn	
<b>Samba Cross Step</b>	Add hip roll  Circle arms	Cross L leg forward and travel to the R  Cross R leg forward and travel to the L	Travel squatting
<b>Samba de Gringo (Samba Box Step)</b>	Alternating Arms up	Double Box Step	

## **Brazilian Carnival Playlist will available at the workshop**

### **Music Artists Recommendations**

#### **Forro**

Falamansa  
Forro pe de serra  
Michel Telo  
Elba Ramalho  
Luiz Gonzaga  
Alceu Valenca  
Dominguinhos

#### **Funk**

Naldo  
Anita  
Mc Federado  
Mc Leozinho  
Perlla

#### **Axe**

Daniela Mercury  
Ivete Sangalo  
Claudia Leitte  
Banda Eva  
Luiz Caldas  
Margarett Menezes  
Olodum  
Timbalada

#### **Samba**

Diogo Nogueira  
Roberta Sá  
Zeca Pagodinho  
Martinho da Villa  
Clara Nunes  
Beth Carvalho  
Jamelao  
Cartola  
Dudu Nobrega