ZUMBA® BRAZILIAN CARNIVAL SESSION HANDOUT

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ZUMBA® INSTRUCTOR CONFERENCE
LOS ANGELES 2013
2013 ZUMBA® INSTRUCTOR CONFERENCE

Presenters
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Schedule
10 min: Introduction
10 min: Breakdown Forró
10 min: Breakdown Funk Carioca
10 min: Breakdown Axé
10 min: Breakdown Capoeira
10 min: Breakdown Samba
60 min: Master Class
(Total: 2 hours)

Session Objective
Learn 5 exciting rhythms from Brazil: Forró, Funk Carioca, Axé, Capoeira, and Samba. Use these rhythms 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, by adding your own flavor to your special moves.

History & Background

Forró

Forró is the most popular rhythm danced in the Northeast of Brazil. 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 of Brazil. As part of the popular culture it is in constant change. The dance known as college forró is the most common style among the middle-class students of colleges and universities in the Southeast. College forró has influences of other dances like salsa and samba-rock. The traditional music to dance 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 the Southeast, South and Central regions.

Funk Carioca

Funk carioca, favela funk, or baile funk, is a type of dance music from Rio de Janeiro, derived from Miami Bass.

In Rio, “Baile funk”, does not refer to the music, but rather 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 Brazil, Funk Carioca is most often known simply as funk, although musically it is very different from funk in most other countries.

Axé

Axé is a very popular rhythm from the city 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.

Capoeira

Capoeira is a Brazilian martial art that combines elements of dance and music. Mainly descendants of African slaves with Brazilian native influences, created it in Brazil, in the beginning of the 16th century. Capoeira is recognized by its quick and complex moves, using mainly power, speed, and leverage for leg sweeps. The word capoeira probably comes from Tupi, referring to the areas of low vegetation in Brazil's interior.

Samba

Samba is a Brazilian dance and rhythm originated in Bahia, with its roots stemming from both Brazil (Rio de Janeiro) and Africa via the West African slave trade and African religious traditions. Samba 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.

Brazilian Carnival Playlist

Forró songs

- Ai se eu te pego (Michel Telo)
- Forró Da Fruta (Carlinhos Brown)
- Gatinha Assanhada (Gustavo Lima)
- Correndo atraz de mim (Avioes do Forró)
- Cachorro Perigoso (Tche Garotos) – rhythm is forro/vanerao

Funk Carioca songs

- Amorosa (Pit-Bull and Claudinho Buchecha)
- Pra Me Provocar (MC Koringa)
- Sente a Pegada (Mc Leozinho)
- Danada Vem que Vem (Mc Koringa)

**Axé songs**
- Desejo de Amar (Ivete Sangalo)
- Desengoncado (Ceceu Muniz/Zumba Fitness)
- Largadinho (Claudia Leite)
- Que Onda (Ceceu Muniz/Zumba Fitness)
- Desliza Para e Fica (Banda Grafith)

**Samba & Pagode songs**
- Alegria Pa Zumbar (Zumba Fitness)
- E no Pagode (Exaltasamba)
- E isso Ai (Kasuarina)
- Batucada Dance (Zumba Fitness)

**Capoeira songs**
- Coisa Brasileira (Ceceu/Muniz - Zin 40)
- Levada Brasileira (Daniela Mercury)

**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

<table>
<thead>
<tr>
<th>Movement</th>
<th>Arm Variation</th>
<th>Beat/Rhythmic/Directional Variation</th>
<th>Fitness/Athletic Variation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Front and back Hopping</td>
<td>Ballroom Arms, Shoulder Bounce</td>
<td>R leg forward, and L leg back Or L leg forward, and R leg back</td>
<td>Back lunges</td>
</tr>
<tr>
<td>Forró Travel</td>
<td>Ballroom Arms, Shoulder Bounce</td>
<td>2 steps to the R then L “Step together, step tap”</td>
<td>Grape vine with a knee lift</td>
</tr>
<tr>
<td>Forró Back Step</td>
<td>Ballroom Arms, Shoulder Bounce</td>
<td>Step back, center, back</td>
<td>Squat</td>
</tr>
<tr>
<td>Tremidinha</td>
<td>Arms front and back</td>
<td>Shimmy</td>
<td></td>
</tr>
</tbody>
</table>

# Basic Steps of Funk Carioca

<table>
<thead>
<tr>
<th>Movement</th>
<th>Arm Variation</th>
<th>Beat/Rhythmic/Directional Variation</th>
<th>Fitness/Athletic Variation</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Basic funk</strong></td>
<td>Arms bent</td>
<td>In a Squat position, swing upper body side to side, adding elbow pumps</td>
<td>Side Lunge Squat</td>
</tr>
<tr>
<td>----------------</td>
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<td>---------------------------------------------------------------------</td>
<td>------------------</td>
</tr>
<tr>
<td><strong>Knee Lift</strong></td>
<td>Arms up</td>
<td><strong>R</strong> Knee lift, pivot turn, <strong>R</strong> knee lift <strong>L</strong> knee lift, pivot turn, <strong>L</strong> knee lift</td>
<td>Circle Arms Engage Abs</td>
</tr>
<tr>
<td><strong>Travel Snake</strong></td>
<td>Natural movement Put your shirt on</td>
<td>2 Step to the <strong>R</strong>, with 2 body rolls 2 Step to the <strong>L</strong>, with 2 body rolls</td>
<td>Engage core</td>
</tr>
<tr>
<td><strong>Hip Lift</strong></td>
<td>1 hand up/ other hand slapping the hip</td>
<td>Hip Lift with leg bent 360 Turn</td>
<td>Squeeze Oblique muscles</td>
</tr>
<tr>
<td>Basic Steps of Axé</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>----------------------------------------</td>
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<td>-------------------------------------------------</td>
<td>-------------------------------------------------</td>
</tr>
<tr>
<td>Movement</td>
<td>Arm Variation</td>
<td>Beat/Rhythmic/Directional Variation</td>
<td>Fitness/Athletic Variation</td>
</tr>
<tr>
<td>Samba Axé</td>
<td>Arms up</td>
<td>Pony Step Forward and Back</td>
<td>Pony Forward and squat back</td>
</tr>
<tr>
<td>Axé Twist</td>
<td>Alternating arms push forward</td>
<td>Twist forward for 4 counts and jump back for 4 counts</td>
<td>Twist down and up</td>
</tr>
<tr>
<td>Axé Side Step (Destroza)</td>
<td>One arm stretched to side Chest Pump</td>
<td>360 Turn</td>
<td>“Get Low”</td>
</tr>
<tr>
<td>Axe Travel</td>
<td>Punch Cross</td>
<td>Single, Single, Double</td>
<td>Single, Single, 2 Squats</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Single, Single</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Double, Double</td>
<td></td>
</tr>
</tbody>
</table>
### Basic Steps of Capoeira

<table>
<thead>
<tr>
<th>Movement</th>
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<th>Fitness/Athletic Variation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ginga</td>
<td>1 arm protecting face, other arm to the side at waist level</td>
<td>2 Ginga Step, 1 Martelo Kick</td>
<td>L leg Lunge back, L arm forward</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>R leg lunge back, R arm forward</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Forward</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>* Don't cross legs</td>
</tr>
<tr>
<td>Balanço</td>
<td>In a squat position</td>
<td>Swing 2 times and play drums on the floor</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Swing arms and upper body side to side</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Esquiva de Lado</td>
<td>Arms at head level</td>
<td>From ginga position, turn to the side and squat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flat back tilt forward</td>
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</tr>
</tbody>
</table>

### Basic Step of Samba

<table>
<thead>
<tr>
<th>Movement</th>
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<th>Fitness/Athletic Variation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basic Samba Step</td>
<td>Arms at shoulder level</td>
<td>4 Walls</td>
<td>Push Hips side to side</td>
</tr>
<tr>
<td></td>
<td>Ball of the foot</td>
<td>Travel side-to-side</td>
<td>It is all about the hips</td>
</tr>
<tr>
<td></td>
<td>Heel of the foot</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Samba Side-to-Side
- Arms above your head
- 360 Turn

### Samba Cross Step
- 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

### Samba de Gringo (Samba Box Step)
- Alternating Arms up
- Double Box Step

### Recommended Music

1. Lelele (Joao Neto & Frederico)
2. Falsa Baiana (Roberta Sa)
3. Samba da Cuica (Dj Weli)
4. Capoeira (Fundo de Quintal)
5. Oh Berimbau (Olodum)
6. Capoeira e tradição (mestre barrão)
7. Empurra Empurra (Adriana)
8. Ela so Pensa em Beijar (Mc Leozinho)
9. So Danço Samba (Sergio Mendes)