

Samba

Carnaval is the most famous holiday in Brazil. It's a festival that lasts for nearly a week, with people in the streets wearing colorful costumes as they sing, drum, and dance the samba. Many Brazilians dance with organized groups called *escolas de samba* ("samba schools"). These clubs often perform with their own musicians, matching costumes, and amazing parade floats!

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Brazil has big arenas, called *sambadromes*, specially constructed for performing and viewing Carnaval parades!

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Dance the Samba!

The samba rhythm and step combines influences from Africa, Europe, and Cuba.

Your hips are a very important part of the samba.

Let's start with those.



Standing with your legs close together, pop your hip out to one side.



Now pop your other hip out.

Practice shifting your hips back and forth like this until it feels natural.

Now for your feet. Here's the basic samba step.

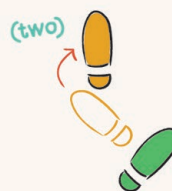
The samba rhythm goes ONE two-three, ONE two-three, ONE two-three...



Start with your feet like this.



Now step your right foot back.

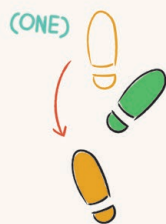


Bring your left foot forward with a small step.



Scoot your right foot forward to just behind the left foot

Then reverse:



Now step your left foot back.



Right foot forward, small step.



Scoot your left foot forward to just behind the right foot.

Samba (and any kind of dance) is much easier when you can hear the proper music and watch people do the steps. Get an adult to help you find a good video online of the basic samba step for beginners. You can also visit atlascrate.com/brazil to listen to some Brazilian music!

Repeat the entire step slowly, over and over, until your feet don't have to think too hard about what to do next.

As you get used to doing the basic samba step, start saying the ONE two-three rhythm out loud as you go.

Let your hips rock back and forth as you dance. Try moving your arms, too!