

Ballroom Dance
Donna Frankel

Samba

Rhythm: 1 a 2, 4/4 slow, quick, quick.

Style: Latin hold, bouncy Cuban Motion, dancers are close together, moving at a fast pace together as one.

1. **Basic:**

a) **Forward/backward basic:** Step ball change (step, rock on to ball of foot in front of standing foot taking weight, step back into original place). **Backward Basic:** Step ball change (step, rock on to ball of foot behind standing foot taking weight, step in place.) Follower starts backward basic on R foot, leader begins on L with forward basic. Reverse-leader starts R foot backward basic, follower does forward basic on L.

b) **Side basic or wisk:** Same as forward/backward basic except step is taken to R and L side. Leader starts L foot to L side, rock back (ball change) and step in place. Follower starts R foot to R side, rock back (ball change) and step in place.

c) **Macho basic:** Both step side, with ball change moving sideways in place rather than forward and back.

2. **Box:** Keeping the rhythm 1 a 2, do standard box step-using forward/backward basic, turning to L with slight body movement circling. Turn L foot slightly out, R in to make $\frac{1}{4}$ turns to L.

3. **Copa or Promenade Walk** (Promenade Position): Turning to side with a Botofogo, straighten joined hands (leader L, follower R), using outside foot to start, step fwd and slip or slide back several inches, reverse rept. To get out of Copa, take long fwd step on inside foot, turn to face partner, do quick step step. (follower does long L step, R, L in place to face partner-leader does reverse.) Return to basic.

4. **Volta:** In promenade position, follower rocks back on R, steps L foot to side, crosses R over L. Leader does reverse.

5. **Reverse Turns:** Ladies step back on R foot, turn $\frac{1}{4}$ L with L foot, close R foot to L foot. Then step L foot fwd, R foot to side, and cross L foot forward over R foot. Leader does exact reverse. Dance close together in closed position, stepping L foot through partners feet on first L step. Turns to L are 360, but divided $\frac{1}{3}$, $\frac{2}{3}$.

6. Botofogos: From a basic, rock side back on lead foot (leader L, follower R), step with inside foot to promenade position step forward in promenade.