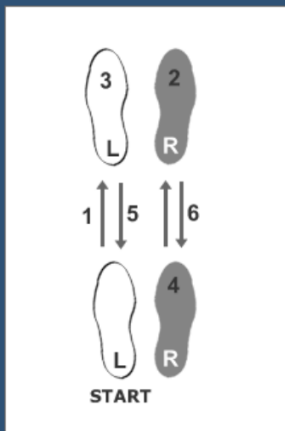


The Basic Dance Steps of the Samba

The basic rhythm is 4/4 with a very simple box step to the rhythm of 1 and 2, 3 and 4, etc., remember to swing your hips when shifting weight. Samba is danced in a closed position, with partners slightly apart. The lady's right hand and the man's left hand are held about the lady's eye level. The man's right hand is placed on the lady's shoulder blade. The lady's left hand is placed flat on the man's back.

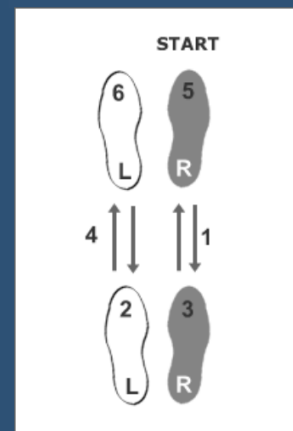
The Gentlemen's Steps



Basic Step

1. Step forward with your left foot (count 1)
2. Move your right foot to your left foot
3. Left foot in place, weight shifts to it (count 2)
4. Step backward with your right foot (count 3)
5. Move your left foot to your right foot
6. Right foot in place, weight shifts to it (count 4)

The Lady's Steps



Basic Step

1. Step backward with your right foot (count 1)
2. Move your left foot to your right foot
3. Right foot in place, weight shifts to it (count 2)
4. Step forward with your left foot (count 3)
5. Move your right foot to your left foot
6. Left foot in place, weight shifts to it (count 4)

Staten Island Ballroom Dancers, Inc.

Email: info@siballroom.org