SESSION HANDOUT

BRAZILIAN CARNIVAL

Presenters

Priscila Sartori – Brazil
Ludmilla Marzano – Brazil
Karla Mead - Brazil
Session Handout

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Priscila Sartori
Ludmilla Marzano
Karla Mead

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

Session Objective
Learn 4 of the most exciting rhythms from Brazil, Forró, Funk Carioca, Axé, and Samba. 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 accordion, zabumba and a metal triangle. The dance 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 or 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 all over Brazil. In the whole country, Funk Carioca is most often simply known as funk, although it is musically very different from what funk means in other countries.
Axé

Axé is a very popular rhythm from 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 Axe 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 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.

Brazilian Carnival Mask Party

We will finish our workshop with everyone wearing a mask and dancing to the rhythms of the real Carnival in Brazil.

Please choose and print your mask and use your imagination painting and creating with your own style. Feel free to bring other masks to the party, if you already have one.
Basic Steps & Variations

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

<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</td>
<td>R leg forward, and L leg back</td>
<td>Back lunges</td>
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<tr>
<td></td>
<td>Shoulder Bounce</td>
<td>Or L leg forward, and R leg back</td>
<td></td>
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<tr>
<td>Forró Travel</td>
<td>Ballroom Arms</td>
<td>2 steps to the R then L &quot;Step together, step tap&quot;</td>
<td>Grape vine with a knee Lift</td>
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<tr>
<td></td>
<td>Shoulder Bounce</td>
<td>Step back, center, back</td>
<td>Squat</td>
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<tr>
<td>Forró Back Step</td>
<td>Ballroom Arms</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shoulder Bounce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tremidinha</td>
<td>Arms front and back</td>
<td>Shimmy</td>
<td></td>
</tr>
<tr>
<td>Movement</td>
<td>Arm Variation</td>
<td>Beat/Rhythmic/Directional Variation</td>
<td>Fitness/Athletic Variation</td>
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<tr>
<td>Basic funk</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>
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<tr>
<td>Knee Lift</td>
<td>Arms up</td>
<td>R Knee lift, pivot turn, R knee lift&lt;br&gt;0&lt;br&gt;L knee lift, pivot turn, L knee lift</td>
<td>Circle Arms Engage Abs</td>
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<td>Travel Snake</td>
<td>Natural movement&lt;br&gt;Put your shirt on</td>
<td>2 Step to the R, with 2 body rolls&lt;br&gt;2 Step to the L, with 2 body rolls</td>
<td>Engage core</td>
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<tr>
<td>Hip Lift</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>Movement</td>
<td>Arm Variation</td>
<td>Beat/Rhythmic/Directional Variation</td>
<td>Fitness/Athletic Variation</td>
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<tr>
<td>Samba Axé</td>
<td>Arms up</td>
<td>Pony Step Forward and Back</td>
<td>Pony Forward and squat back</td>
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<tr>
<td>Axé Twist</td>
<td>Alternating arms</td>
<td>Twist forward for 4 counts and jump back for 4 counts 360 Turn</td>
<td>Twist down and up</td>
</tr>
<tr>
<td>Axé Side Step (Destroza)</td>
<td>One arm stretched</td>
<td>360 Turn</td>
<td>“Get Low”</td>
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<td></td>
<td>to the side Chest Pump</td>
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<tr>
<td>Axe Travel</td>
<td>Punch Cross</td>
<td>Single, Single, Double</td>
<td>Single, Single, 2 Squats</td>
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<td></td>
<td></td>
<td>Single, Single</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Double, Double</td>
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</tbody>
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Brazilian Carnival Playlist will be available at the workshop

Music Artists Recommendations

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

**Funk**
- Naldo
- Mc Federado
- Mc Leozinho
- Perlla
Axe
Daniela Mercury
Ivete Sangalo
Claudia Leite
Banda Eva
Luiz Caldas
Margarett Menezes
Olodum
Timbalada

Samba
Arlindo Cruz
Zeca Pagodinho
Martinho da Villa
Clara Nunes
Beth Carvalho
Jamelao
Cartola
Dudu Nobrega