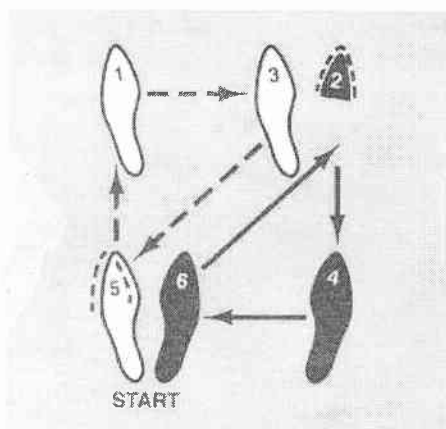


THE SAMBA

Of the popular Latin American dances, the Samba is undoubtedly the gayest and most lighthearted of all. It originated in Brazil, where it gradually developed from a carnival dance into its present graceful ballroom style. The music, however, still retains the high-spirited abandon of the fiesta.

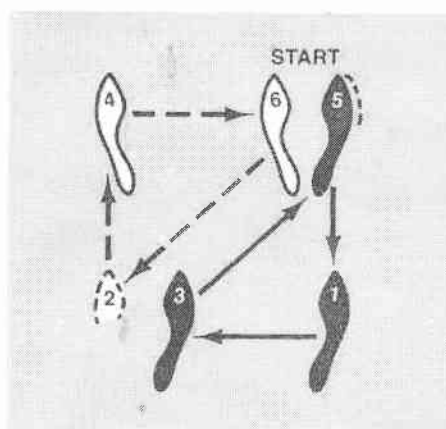
The distinctive characteristic of the Samba is a smooth up-and-down knee motion taken, with few exceptions, on every count of the music. The steps follow the basic Waltz Box Step pattern, but are done closer together, and the shifting weight and knee motion give the dance a very different appearance and feel.

To practice the Samba motion, first stand with feet together. Practice in place, starting with knees straight, then bending and straightening both knees at the same time. Count and-1, and-2. Bend both knees on every count of "and," and straighten them on the numbered counts. Exaggerate your knee action at the start; with practice you can gradually attain a smooth, effortless appearance. Be sure to continue practicing in place until you can keep time to the music.



MAN'S PART

1. Step forward with left foot, bending left knee slightly. Hold for one count. (and-1)
2. Place right toe to right. (and)*
3. Close, or pull, left foot to right toe, weight on left foot. Left knee straightens. (2)
4. Step back with right foot, bending right knee slightly. Hold for one count. (and-1)
5. Place left toe to left. (and)*
6. Close, or pull, right foot to left toe, weight on right foot. Right knee straightens. (2)



WOMAN'S PART

1. Step back with right foot, bending right knee slightly. Hold for one count. (and-1)
2. Place left toe to left. (and)*
3. Close, or pull, right foot to left toe, weight on right foot. Right knee straightens. (2)
4. Step forward with left foot, bending left knee slightly. Hold for one count. (and-1)
5. Place right toe to right. (and)*
6. Close, or pull, left foot to right toe, weight on left foot. Left knee straightens. (2)

*For good balance and smooth closing or pulling action in Steps 3 and 6, a very small amount of weight is placed on the toe in Steps 2 and 5.