

# The Samba Basic

Count 1 a 2, 1 a 2 · step, close, replace · beat values  $\frac{3}{4}$ ,  $\frac{1}{4}$ , 1

**Remember:** feet together, knees soft, weight a little forward over the balls of your feet. On every “a,” the closing foot takes only a little weight on its ball, so you can shift right back on 2. Keep steps small, about one foot long. Add a gentle knee bounce once the steps feel easy: feet stay on the floor, head stays level.

## Leader

| Count | Step    | Foot and direction                    |
|-------|---------|---------------------------------------|
| Start | –       | Feet together, weight on right        |
| 1     | Step    | Left foot forward                     |
| a     | Close   | Right beside left, ball, light weight |
| 2     | Replace | Weight back onto left, in place       |
| 1     | Step    | Right foot back                       |
| a     | Close   | Left beside right, ball, light weight |
| 2     | Replace | Weight back onto right, in place      |

## Follower

| Count | Step    | Foot and direction                    |
|-------|---------|---------------------------------------|
| Start | –       | Feet together, weight on left         |
| 1     | Step    | Right foot back                       |
| a     | Close   | Left beside right, ball, light weight |
| 2     | Replace | Weight back onto right, in place      |
| 1     | Step    | Left foot forward                     |
| a     | Close   | Right beside left, ball, light weight |
| 2     | Replace | Weight back onto left, in place       |

## Your five-minute practice

- Minute 1:** clap and say “1 a 2, 1 a 2” with the slow practice track (72 beats per minute).
- Minutes 2-3:** your part of the basic alone, no bounce. Say “step, close, replace.”
- Minute 4:** stand still and bounce gently to the slow track, then add the steps back in.
- Minute 5:** dance along with the count-along video, or try the dance-tempo track (100 beats per minute).

## Check yourself

- Was my “a” quick and my 2 long?
- Did the closing foot take only a little weight?
- Were my steps small and under my body?
- Did my knees stay soft, never locked?
- Did my head stay level, with no jumping?

## When it feels easy

- Dance eight basics in a row with a partner.
- Try a song from the guide’s list, like “Mas Que Nada.”
- Ask Amy about the side basic, whisks and samba walks.