

dance Bethesda
International Bronze Samba Syllabi

WEEK 1 & 2

- Basic Movements: Natural; Reverse; Side; Progressive
- Whisks to Left and Right
 - *Lady's Spot Volta U.A.T. during Man's Whisk to L or R

WEEK 3 & 4

- Samba Walks: Promenade; Side; Stationary
 - * Lady's Spot Volta U.A.T. during Man's LF or RF Stationary Samba Walk
- Rhythm Bounce on Left Foot or Right Foot
- Volta Movements: Traveling; Spot

WEEK 5 & 6

- Traveling Bota Fogos Forward
- Criss Cross Bota Fogos (Shadow Bota Fogos)
- Traveling Bota Fogos Back
- Bota Fogos to Promenade and Counter Promenade
- Criss Cross Voltas
- Solo Spot Voltas

WEEK 7 & 8

- Foot Changes; 1. Closed to Right Shadow; 2. Right Shadow to Closed;
3. Promenade or Open Promenade to Right Shadow
 - *Same Foot figures: Samba Walks; Rhythm Bounce; Traveling Voltas; Traveling Bota Fogos Forward
- Shadow Traveling Volta
- Reverse Turn
- Corta Jaca
- Closed Rocks