

Solo Brazilian Zouk – ‘You’re the One I Need’ by Mika Mendes

Foot Position	Footwork	Body Movement/Action Amount of Turn	Rhythm	Beat value
Basic Rock Step in place RF forward LF tap behind RF LF back RF tap in front of LF	Ball heel Ball heel Ball heel Ball heel	Body bend forward Body Wave Action	Slow Slow Slow Slow	1 2 3 4
Zouk Basic RF forward LF small step forward RF in place LF back RF small step backward LF in place	Ball heel Ball heel Ball heel Ball heel Ball heel Ball heel	Zouk body wave & hip sway action is used throughout	Slow Quick Quick Slow Quick Quick	1 2 & 3 4 &
Side Basic RF side LF closed to RF RF in place LF side RF closed to LF LF in place	Ball heel Ball heel Ball heel Ball heel Ball heel Ball heel	Extend L leg to side Extend R leg to side	Slow Quick Quick Slow Quick Quick	1 2 & 3 4 &
Cross Basic RF forward LF small step forward RF in place LF back RF cross in front of LF to face RDF	Ball heel Ball heel Ball heel Ball Toe	Twist on ball of LF Shoulder turn 1/8 to R Latin Cross action used	Slow Quick Quick Slow Slow	1 2 & 3 4
Infinity Step RF forward & across LF LF small step to side & slightly forward with part weight RF in place to face RDF LF forward & across RF RF small step to side & slightly forward with part weight LF in place to face LDF	Ball heel Ball Ball heel Ball heel Ball Ball heel	Shoulder turn 1/8 to R Shoulder turn 1/8 to L	Slow Quick Quick Slow Quick Quick	1 2 & 3 4 &
Switch Turn RF forward LF in place to face back RF forward LF in place to face front	Ball heel Ball heel Ball heel Ball heel	Commence ½ turn to L Complete ½ turn to L Commence ½ turn to L Complete ½ turn to L	Slow Slow Slow Slow	1 2 3 4

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Component:	Brazilian Zouk Shaping & Toning	Tempo: Rhythm: Time signature:	23 bars per minute 1,2&, 3,4& 4/4
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Music Map	Exercises	Styling points	Teaching points	Progression/ Alternative
Intro 8 bars BASIC CORE	8 bars - Basic Rock Step in place	Body bending forwards and backwards Shoulder rotations Body Wave Action	Knees remain soft throughout	Flex knee on forward step with shoulder rotations Add a Body Wave on back step
Intro 4 bars BASIC CORE	4 bars – Zouk Basic	Arms in basic Latin position		
Verse 8 bars BASIC CORE	8 bars – Zouk Basic with knee lift	Arms in basic Latin position Arms by side on knee lift	L knee lift across body to R on 2 L knee lift forward on &	
Chorus 8 bars BASIC CORE FULL CORE	4 bars - Infinity step 4 bars – Infinity Step with hip rotation	Arms in Basic Latin Position Hands on hips	Flick hips backwards on small side step and twist on ball of foot creating a circular hip rotation to each side	
Verse 8 bars BASIC CORE	8 bars – Zouk Cross Basic	Right arm haircomb on forward step Left arm circular raise with side haircomb	Encourage strong Latin Cross action on cross step Allow momentum of L arm raise to assist R shoulder turn	Add a middle body twist to the R on the cross step
Chorus 8 bars BASIC CORE FULL CORE	4 bars - Infinity step 4 bars – Infinity Step with hip roll	Forward circular motion with corresponding arm on forward cross step Haircomb with corresponding arm on 2&	 Use circular ribcage isolation movement on hip rotation to enhance action	A ‘hair flick’ action can also be used on change of direction. Please note, this is a flick of the hair & not the neck. The head should be turned sharply from side to side to create a flicking of the hair (the appropriate caution must be taken when using sharp turning head movements)

Music Map	Exercises	Styling points	Teaching points	Progression/ Alternative
Bridge 4 bars BASIC CORE	4 bars - Basic Rock Step in place	Shoulder rotations Body Wave Action		This can be progressed to a Basic Side Step - encourage use of horizontal ribcage isolation movements to create a Body Wave Action
Chorus 8 bars BASIC CORE	4 bars - Infinity step 4 bars – Infinity Step with hip roll	Corresponding arm horizontal side on step 2	Flex the supporting knee to help with balance on the change of direction Add body sway & a head turn to corresponding side on step 2 to enhance the arm movement	
Chorus 8 bars BASIC CORE	4 bars - Infinity step 4 bars – Infinity Step with hip roll	Forward circular motion with corresponding arm on forward cross step		As a progression, add a backward flick after the change of direction on step &
Fade 2 bars BASIC CORE	2 bars – Zouk Basic	Arms in basic Latin position		