



# Brazilian Zouk

## Brief History

Brazilian Zouk is a sensual dance with origins in Lambada (aka 'the Forbidden Dance') and danced to Zouk rhythms made popular in the French Caribbean. Brazilian Zouk is historically related to the Caribbean Zouk dance style, but is danced very differently.

Also known as 'Zouk-Lambada', the word 'Zouk' is Antillean French Creole and means party!

Brazilian Zouk music began in the early 1980s, and became popular around the time Lambada music was fading from the Brazilian dance scene. After Lambada music stopped being composed, dancers started to use the Zouk music instead. Brazilian Zouk is historically related to the Caribbean Zouk dance style, but is danced very differently.

The music combines traditional Caribbean rhythms from Guadelupe, Haiti and Trinidadian calypso with synthesizers and drum machines. The music has a 'boom-tick-tick' rhythm, the 'tick-tick' being syncopated. Zouk is danced on three beats, taking a long step on the 'boom' and two quick and short steps on the 'tick-tick', timed slow, quick, quick. The pace of the dance is generally slow, smooth and flowing, the result being that it is beautiful to watch, and extremely fun to dance.

The dance continues to develop with influences from many other dance styles including Samba & Salsa. The music has also evolved with the introduction of various genres such as hip hop, R&B and pop, which have similar rhythmic structures.

## Characteristics and Technique

Tempo:	80-120 beats per minute
Rhythm:	1,2&, 3,4&
Time signature:	4/4

Brazilian Zouk has a characteristic wave-like movement, elongated steps and striking 'hair flick' movements by the lady. Middle body and ribcage isolation movements are essential to accomplish the rhythmic side to side and rippling forward and backward wave-like motion. Body rolls are reminiscent of the Samba, while the hip rocks are reminiscent of the Lambada.

Brazilian Zouk has four beats per bar, allowing for a slight pause between some of the steps. The steps are danced on the balls of the feet with heels off the ground (as if tip-toeing on hot sand), with a twisting motion so that the steps appear to grind the floor. This in turn emphasizes the hip movements.

Dancers roll their head in a circular motion and from side to side keeping to the rhythm of the music, thereby creating a fluid and sensual quality to their dance, sometimes ending with a back arch or throwing back of the head. This is the essence of the original Lambada and is visually stunning to watch!

Please note - neck or other injuries are possible and it is strongly advised that these head movements are not included in any SOSA Dance Fitness routines you teach!

Begin with a proud elegant posture, all weight on LF (hip to left) feet slightly apart, knees soft. Arms should be held naturally by your side, elbows slightly lifted in basic Latin position.

## Time Step

Foot Position	Footwork	Body Movement/ Action Amount of Turn	Rhythm	Beat value
RF in place LF in place RF in place LF in place RF in place LF in place	Ball Ball flat Ball flat Ball Ball flat Ball flat	A hip lift and rise in ankle is felt on beat 1  A swivelling action with flexed knees occurs on beats 2&	Slow Quick Quick Slow Quick Quick	1 2 & 3 4 &
<p><b>Notes</b></p> <p>Zouk body wave &amp; hip sway action is used throughout</p>				

<b>Zouk Basic</b>				
<b>Foot Position</b>	<b>Footwork</b>	<b>Body Movement/ Action Amount of Turn</b>	<b>Rhythm</b>	<b>Beat value</b>
RF forward LF small step forward RF in place LF back RF small step backward LF in place	Ball flat Ball flat Ball flat Ball flat Ball flat Ball flat	Zouk body wave & hip sway action is used throughout	Slow Quick Quick Slow Quick Quick	1 2 & 3 4 &
<b>Notes</b>				

## Zouk Basic with Knee Lift

<b>Foot Position</b>	<b>Footwork</b>	<b>Body Movement/ Action Amount of Turn</b>	<b>Rhythm</b>	<b>Beat value</b>
RF forward LF knee lift rightwards across body LF knee lift to centre LF back RF small step backward LF in place	Ball flat Ball flat Ball flat Ball flat Ball flat Ball flat	Body twist to RDF	Slow Quick Quick Slow Quick Quick	1 2 & 3 4 &
<b>Notes</b>				

## Basic Natural Ronde

<b>Foot Position</b>	<b>Footwork</b>	<b>Body Movement/ Action Amount of Turn</b>	<b>Rhythm</b>	<b>Beat value</b>
RF forward LF foot half circular natural ronde LF back RF small step backward LF in place	Ball flat IET Ball flat Ball flat Ball flat	Flex R knee for balance	Slow Slow Slow Quick Quick	1 2& 3 4 &
<b>Notes</b>				

## Basic Reverse Ronde

Foot Position	Footwork	Body Movement/ Action Amount of Turn	Rhythm	Beat value
RF forward LF small step forward RF in place LF back RF foot half circular reverse ronde	Ball flat Ball flat Ball flat Ball flat IET	Flex L knee for balance	Slow Quick Quick Slow Slow	1 2 & 3 4&
<b>Notes</b>				

## Zouk Rocks

Foot Position	Footwork	Body Movement/ Action Amount of Turn	Rhythm	Beat value
RF forward with R shoulder lead LF in place	Ball flat Ball flat	R Hip lift on 1 Forward body bend with L hip lift on 3	Slow Slow	1,2 3,4
<b>Notes</b> These can also be danced in a sideways direction. Zouk body wave & hip sway action is used throughout				

## Whisk

Foot Position	Footwork	Body Movement/ Action Amount of Turn	Rhythm	Beat value

RF side	Ball flat		Slow	1
LF cross behind RF	Ball flat	Body turn to Right	Quick	2
RF in place	Ball flat	Diagonal Back on &	Quick	&
LF side	Ball flat		Slow	3
RF cross behind LF	Ball flat	Body turn to Left	Quick	4
LF in place	Ball flat	Diagonal Back on &	Quick	&

**Notes**

As the weight is replaced on the supporting foot when incorporating the full body turn, the foot position will automatically turn out 1/8 turn to face RDF or LDF

## Infinity Step

Foot Position	Footwork	Body Movement/ Action Amount of Turn	Rhythm	Beat value
RF forward & across LF	Ball flat		Slow	1
LF small step to side & slightly forward with part weight	Ball		Quick	2
RF in place to face RDF	Ball flat	Shoulder turn 1/8 to R	Quick	&
LF forward & across RF	Ball flat		Slow	3
RF small step to side & slightly forward with part weight	Ball		Quick	4
LF in place to face LDF	Ball flat	Shoulder turn 1/8 to L	Quick	&

**Notes**

## Infinity Step with Hip Rotation

Foot Position	Footwork	Body Movement/ Action Amount of Turn	Rhythm	Beat value
RF forward & across LF	Ball flat		Slow	1
LF small step to side & slightly forward with part weight	Ball	Commence backward hip rotation to L	Quick	2
RF in place to face RDF	Ball flat	Shoulder turn 1/8 to R	Quick	&
LF forward & across RF	Ball flat		Slow	3
RF small step to side & slightly forward with part weight	Ball	Commence backward hip rotation to R	Quick	4
LF in place to face LDF	Ball flat	Shoulder turn 1/8 to L	Quick	&
<b>Notes</b>				

## Switch Turn

Foot Position	Footwork	Body Movement/ Action Amount of Turn	Rhythm	Beat value
RF forward	Ball flat	Commence ½ turn to L	Slow	1
LF in place to face back	Ball flat	Complete ½ turn to L	Slow	2
RF forward	Ball flat	Commence ½ turn to L	Slow	3
LF in place to face front	Ball flat	Complete ½ turn to L	Slow	4
<b>Notes</b>				