



Brazilian Zouk Content

About

Brazilian Zouk is a dance style from Brazil created in the 90's and has influences from dances such as Lambada, Brazilian Bolero and Samba de Gafieira. Zouk is danced to Zouk music or other 4/4 time signature music. The name Brazilian Zouk is used to distinguish the dance from the Caribbean Zouk dance style, which is historically related to, but very different from the Zouk dance style created in Brazil.

Defining the Brazilian Zouk Rhythm

Zouk is a Brazilian Dance that incorporates a variety of patterns built on double, triple and blank rhythms. The foundation patterns includes, but are not limited to:

1. Passo Basico (Basic step)
2. Viradinha
3. Lateral (Corridor)
4. Preparação pro giro (Preparation/lunge with turn in place, step pivot for the girls)
5. Giro Simples (Simple turn with girls travelling)
6. lo lo
7. Elástico com corporal (Elastic with contraction or body roll)



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8. Soltinho (Turn of the guy, turn of the girl)
9. Ondulação (Body roll)
10. Bônus (Boomerang)
11. Básico “Gostosinho”

Defining the count

1. Timing/counting – the following count was defined – counting the “set of 8” of any 4/4 time music as follow – 1 2 & 3 4 & 5 6 & 7 8 &
2. Brazilian Zouk is danced to 4/4 time signature music
3. Brazilian Zouk Pulse is on Down beat – Down Beat – 1, 3, 5, 7 in every “set of 8” of any 4/4 time music -Up Beat – 2, 4, 6, 8 in every “set of 8” of any 4/4 time music
4. It is not compulsory to begin the dance on 1, but it works better with phrasing