

**Brazilian Belly Samba & Samba Reggae for Seniors  
Summer Semester 2026**

**Instructor:** Mercedes Foster

**Schedule:** Tuesdays, May 26 – July 28 (10 weeks) | 10:45 AM – 12:15 PM

**Contact:** [mf990@aol.com](mailto:mf990@aol.com) | 702-321-7067

**Course Description:**

A senior-friendly introduction to Brazilian Belly Samba, Samba Reggae, and Middle Eastern belly dance traditions. This low-impact class supports improved flexibility, balance, coordination, core strength, and stamina through guided movement. Instruction follows a “Just Follow Me” approach, allowing students to learn through observation, repetition, and participation in a relaxed and supportive environment. No textbook required.

**Course Objectives:**

- Recognize the cultural origins and influences of Brazilian Belly Samba, Samba Reggae, and Middle Eastern belly dance traditions
- Develop foundational dance technique and body awareness
- Improve posture, balance, coordination, flexibility, and musicality
- Engage movement as a form of expression, creativity, and wellness

**Class Focus:**

Body-mind coordination, alignment, range of motion, technique & drills, rhythm, dance vocabulary, improvisation, and performance skills.

**Attire & Costuming:**

Wear comfortable, form-fitting dance or exercise clothing. Avoid street clothing. Optional inexpensive accessories (such as hip scarves or simple coin belts, etc.,) may be used to support movement expression and cultural styling. Low platform dance heels are optional if comfortable. Supportive footwear is recommended; tennis shoes may limit movement.

**Participation:**

Students are encouraged to arrive on time and participate at their own pace. Modifications will be provided to support all ability levels. An optional choreography sequence may be introduced.

A break will be held from 11:30 AM – 11:45 AM.

**Health & Safety:**

This course involves physical activity. Students should participate according to their individual fitness levels and consult a healthcare provider if needed.

**Communication:**

For questions or concerns, please contact the instructor.

Open communication is encouraged to support a positive learning experience.

**Course Goal:**

To promote enjoyment, movement, and overall well-being through dance in an inclusive and supportive environment.

**SYLLABUS SUBJECT TO CHANGE**