



Felipe Moris: Brazilian Samba – Afro-Diasporic Alternative to Reconnect



Felipe Moris, aka. Gato de Salto (eng: "Puss in Heels") is a Brazilian Samba Dancer who breaks the barriers of gender and fights for equality and acceptance within the international Samba scene. He regularly holds workshops, performs in various countries, and takes part yearly in the Carnival Celebrations in Rio de Janeiro. Learn more about Brazilian Samba Dance, its history, and how so many different people are able to find their own truth in it.

TOP EMBODIMENT TIP: Accept yourself and connect to yourself!

Felipe's Connection to Samba:

- Felipe found a connection to Samba only after moving to Austria. Samba cured Felipe of feeling homesick for Brazil.
- Brazilian Samba is a lifestyle: Provides guidelines for nutrition and exercise. It's an inner process of healing and feeling.
- Connection to different parts of the self; your body, your mind, your femininity.

The History of Samba:

- The word comes from the Banto African language group.
- There are two possible meanings: Semba: "touching belly buttons" Samba: "happy"
- Afro-diasporic artform: The root of Samba is African; from when Portuguese occupied Brazil with African slaves.
- A mix of cultures in Brazil originated Samba and originated Brazilian culture.
- 1800's Lundu music style: A perfect mixture of African Beats and Drums with European Instruments.
- 1888: Slavery was abolished and any cultural gathering of Afro origin was forbidden. Drum playing was only allowed in big houses owned by priestesses of the Candomblé religion. Samba is connected to religion. Culture clashes developed within these private houses while making the music.
- 1915: The first recording of Samba.
- 1922: Brazilians realized that the Brazilian Art is Euro-centric and they started looking inside instead of outside.
- After World War II came Nationalism, and the idea and feeling of belonging, of connection, moves everything. This led to the creation of a Brazilian identity which did not exist before. They chose Samba as their identity and started exporting it to the world.
- **Surdo drums** in Samba are the marching beat and connects to the heart beat. The beat of the Samba goes straight to your heart. We share the heartbeat as the peoples of the world.
- People from different backgrounds, countries, body shapes take Felipe's classes, they all perform, because they feel the connection to Samba in their heart.

Resources

❖ **Social: Facebook:** [Felipe Moris - Samba](#); **YouTube:** [Samba World](#); **Instagram:** [@gatodesalto](#)



Felipe Moris





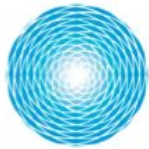
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Amara Pagano is a leader and innovator in the world of conscious dance. She is the creator of the [School of Azul](https://SchoolOfAzul.com) and the co-founder of the global conscious dance community [OneDanceTribe](https://OneDanceTribe.com). Azul is a path of personal transformation that supports the awakening of consciousness and recognizes that, as we transform ourselves we create the conditions for our world to transform.

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