

# Friday 15th

festival  
**forró**  
Lausanne

15-17  
sept.  
23



## Party

Maison de Quartier sous-gare

**19h – 20h**

Doors opening and check in  
**Free Dancing**

**20h - 22h**

**Dj Kalú**

**22h – 0h**

**Forró de 4 Tokes**

**0h – 1h30**

**Dj Kalú**

**2h**

**Closing time**

## Location

**Maison de quartier Sous-Gare**  
Av. Édouard Dapples 50  
Lausanne

**Le Montriond**  
Av. Édouard Dapples 25  
Lausanne



# Saturday 16th

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## Workshops

Maison de Quartier sous-gare

10h00-11h30

Sérgio – Waking Up OPEN LEVEL

Break

Room  
Macuxi

13h-14h00

Olivier Mariette – Musicality in dance OPEN LEVEL

Room Enopé

Room Xocolate

14h15 – 15h15

BEGINNERS  
Joana Ilhão  
Musicality “101”

ADVANCED  
Arthur Lorenzo  
Repertory Construction

15 min

Break

15h30 – 16h30

ADVANCED  
Ricardo Ambrózio  
Advanced figures

OPEN LEVEL  
Arthur Lorenzo  
Do I dance or hug?

Free dancing • DJ ForróLausanne

## Afternoon party

16h - 19h

DJ Boró Free dancing at Le Montriond

## Party

Maison de Quartier sous-gare

Room  
Pataxó

19h - 20h00

Doors opening  
Free dancing

20h - 22h

DJ âMy B.

22h - 0h

Trio Dona Zefa

0h – 1h30h

DJ âMy B.

2h

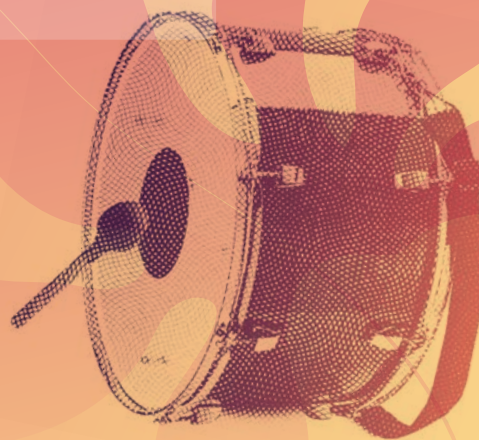
Closing time

Brazilian Food 18h - 21h

## Location

**Maison de quartier Sous-Gare**  
Av. Édouard Dapples 50  
Lausanne

**Le Montriond**  
Av. Édouard Dapples 25  
Lausanne



# Sunday 17th

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## Workshops

Maison de Quartier sous-gare

10h00-11h30

Sérgio – Waking Up **OPEN LEVEL**

12h - 14h

**Brunch**  
Room Pataxó

Room Enopé

Room Xocolate

Room  
Macuxi

14h – 15h

**Arthur Lorenzo**  
Sequence of movements

**Ricardo Ambrózio**  
Displacement and intermediate figures

15 min

Break

15h15 – 16h15

**Annabelle & Jaya**  
Paulista invertido in a roots sequence

**Joana Ilhã**  
Build your own "Repique"

15 min

Break

16h30 – 17h30

**Ricardo Ambrózio**  
Contact and improvisation

**Joana Ilhã**  
Break the pattern to surprise

Free dancing · DJ Forró Lausanne

## Afternoon party

16h - 19h

**DJ âMy B.** Free dancing at Room Macuxi

## Party

Maison de Quartier sous-gare

19h - 20h

Doors opening  
Free dancing

20h - 21h

**DJ Boró**

22h - 0h

**Xocolate**

0h - 1h30

**DJ Boró**

2h

Closing time

Room  
Pataxó

Brazilian Food 18h - 21h

## Location

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## Main room

10h – 11h30



**Sérgio** OPEN LEVEL

**Waking Up**

13h – 14h



**Olivier Mariette** OPEN LEVEL

**Musicality in dance**

Awareness of the various aspects of music (rhythm, harmony, melody, lyrics, silence, break, etc...), integrating them in one's dance

## Room Enopé

14h15 – 15h15



**Joana Ilhão** BEGINNERS

**Musicality "101"**

Exploring different frequencies with simple steps

Reqs: Knowledge of basic step 1 and awareness of weight transfer

## Room Xocolate



**Arthur Lorenzo** ADVANCED

**Repertory Construction**

Leader x Follower

Reqs for Leaders: Like challenges, have 5 or more steps in the repertoire (basic step, opening and simple turn do not count as a step) and have more than 5 months of dancing

Reqs for Followers: Enjoying challenges, wanting to get out of the box of being passive in dancing all the time and having more than 5 months of dancing

15h30 – 16h30



**Ricardo Ambrózio** ADVANCED

**Advanced figures**

Figures with detailed technical nuances

Reqs: repique, esmeril e giro paulista (figures will be revised but some familiarity with them is necessary)



**Arthur Lorenzo** OPEN LEVEL

**Do I Dance or Hug?**

Reqs: Believing in the possibility that dancing is also embracing. I see leaders and followers desperately looking for ways to have a more comfortable dance for each other and completely forgetting one of the most important parts for this comfort to exist. The hug, where it all begins. I see followers and leaders complaining about uncomfortable hugs but little realizing and worrying about the way they hug or touch their partner

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## Main room

10h – 11h30



**Sérgio** OPEN LEVEL

Waking Up

## Room Enopé

14h – 15h



**Arthur Lorenzo** ADVANCED

**Sequence of movements**

Paulista double closed in Darkside + tail of the dragon (movement created by Arthur Lorenzo) + sacadas in 2 strokes

Reqs: Knowing how to do a simple sacada, a simple Giro Paulista and having more than 6 months of dancing

15h15 – 16h15



**Annabelle & Jaya** INTERMEDIATE

**Paulista invertido in a roots sequence**  
Roots intermediate

Reqs: pião, trava e paulista

16h30 – 17h30



**Ricardo Ambrózio** OPEN LEVEL

**Contact and improvisation**

Body perception class and games that reflect on body control and communication skills in dance

Reqs: light clothing

## Room Xocolate



**Ricardo Ambrózio** INTERMEDIATE

**Displacement and intermediate figures**

Figures of easy access for those who have the bases and use of space

Reqs: base and simple turns



**Joana Ilhão** ADVANCED

**Build your own "Repique"**

Breakdown of the technique behind the move, so it can be taken to the next level

Reqs: Knowledge of the basic "Repique" and good body awareness in terms of connection, as well as upper and lower body dissociation



**Joana Ilhão** INTERMEDIATE

**Break the pattern to surprise**

Finding new ways of thinking in order to improvise

Reqs: Basic step 1, Facão, Pião, Caminhada"