










Dance therapy and free dance with a focus on the psychological aspects of patients in adjuvant treatment of breast cancer - study protocol for randomized clinical trial

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Abstract - Aim: To propose a dance therapy and free dance protocol for women undergoing adjuvant treatment of breast cancer and to compare its effectiveness with the control group and the healthy group. **Method:** Protocol for a 12-week randomized clinical trial with a frequency of 2 times at progressive intensity, in which the participants will be allocated into 4 groups: (a) dance therapy intervention; (b) free dance intervention; (c) control group and (d) healthy group. Information related to personal and clinical characteristics as well as psychological aspects will be collected. The primary outcome will be analyzed through depressive symptoms while secondary outcomes include the variables: body image, anxiety, mood, perceived stress, and optimism. Assessments will be carried out in the pre-intervention period (baseline) and after 12 weeks of intervention in all groups. **Discussion:** As a hypothesis, there are improvements in psychological aspects after dance therapy interventions and free dance, reaching the level of healthy women, given the benefits of that protocol.

Keywords: psychological aspects, motor activity, dance, breast neoplasm, therapy.

Introduction

In addition to physical exercise and art, expressive body movement has been considered in its therapeutic potential¹. Dance, for excellence, is a form of expression with sensitivity, sense, and meaning, transcending the power of verbal communication². It accentuates a growing space in so-called complementary or alternative health therapies³. As one of the bodily practices that seek the totality of the “being”, that is, that can add to the physical body, emotion, and spirit, dance provides support, strength, and meaning to verbal and non-verbal pronouncements, positions, and expressions of the body and the physical and symbolic space it occupies in time and space².

Thinking about the sick body, not only in the biological sphere, allows a more appropriate treatment and recovery since the human being is understood as a biopsychosocial being and, therefore, liable to present demands in the three fields at any time of life. Welcoming the sick body and soul generates the opportunity to reframe movement and “being” in a complete, integrated, and complex way⁴. One of the physical exercises which can be related

to the care and improvement of patients with breast cancer due to its characteristics of being a pleasant and pleasurable practice is dance⁵. In this way, some studies have demonstrated the benefits brought to this population⁶.

The treatment of breast cancer and all its side effects, such as nausea, vomiting, insomnia, pain, loss of appetite, and fatigue⁷ are associated with the consequences on patients’ quality of life⁸. Some psychological aspects also change, such as body image⁹, self-esteem¹⁰, depressive symptoms¹¹, stress¹², and optimism¹³.

As a non-pharmacological and less costly possibility, it is believed that regular dance practice can be a plausible alternative to minimize the side effects of breast cancer treatment and improve the psychological aspects of patients. As these are two innovative protocols, both dance therapy and free dance, investigating the practice of dance during the period of clinical treatment may reflect on new perspectives as well as foster projects aimed exclusively at this period of treatment. In the literature, it is possible to identify studies with the same purpose by suggesting the elaboration of dance protocols specially developed for the population in question¹. In this way, the results of this

study can support new public policies for incentives and interventions aimed at these patients, considering the high incidence rates of breast cancer in the world, in the country, and in the southern region¹⁴.

Thus, both dance therapy and free dance protocol promote improvements in psychological aspects in women undergoing adjuvant treatment for breast cancer, which are beneficial activity options for this population.

Methods

Study design

A four-arm randomized controlled clinical trial will be carried out over 12 weeks to determine the effectiveness of two dance interventions (dance therapy and free dance) on the psychological aspects of women undergoing adjuvant breast cancer treatment having as primary outcome depressive symptoms and secondary outcome to self-esteem, body image, mood, stress, optimism, and anxiety.

The study will consist of four groups: Dance Therapy Group (GDT), Free Dance Group (GDL), Control Group (CG), and Healthy Control Group (GCS). Ethical approval was granted through the Human Research Ethics Committee (CEPSH) of UDESC (protocol 3.985.052) and registered in the Brazilian Registry of Clinical Trials (ReBEC) (number 0RBR-772ktp). All procedures followed the Helsinki declaration.

This protocol study was guided by the standard protocol items: recommendations for interventional trials. [Figure 1](#) shows the CONSORT (Consolidated Standards of Reporting Trials) flowchart, enrollment schedules, interventions, and study evaluations. [Figure 2](#) shows the checklist using the SPIRIT (Standard Protocol Items: Recommendations for Interventional Trials) used in the study.

Participants

Women diagnosed with breast cancer will be allocated during a period of adjuvant clinical treatment for breast cancer, recruited in two ways: 1) dissemination in the media (radio, television, internet, and print media) and 2) in employing institutions or service providers in terms of education, justice, religion, health, and insurance in the city of Florianópolis and São José. In addition, healthy individuals will be recruited in the same way mentioned above, who correspond to the same age and sex of individuals with breast cancer in the city of Florianópolis and São José (Santa Catarina, Brazil).

Inclusion and exclusion criteria

Inclusion criteria are defined: (1) Age group: older than 18 years; (2) Clinical stage: 0 to III of breast cancer; (3) Being on adjuvant breast cancer treatment; (4) Being resident in the cities of Florianópolis or São José; (5) Pre-

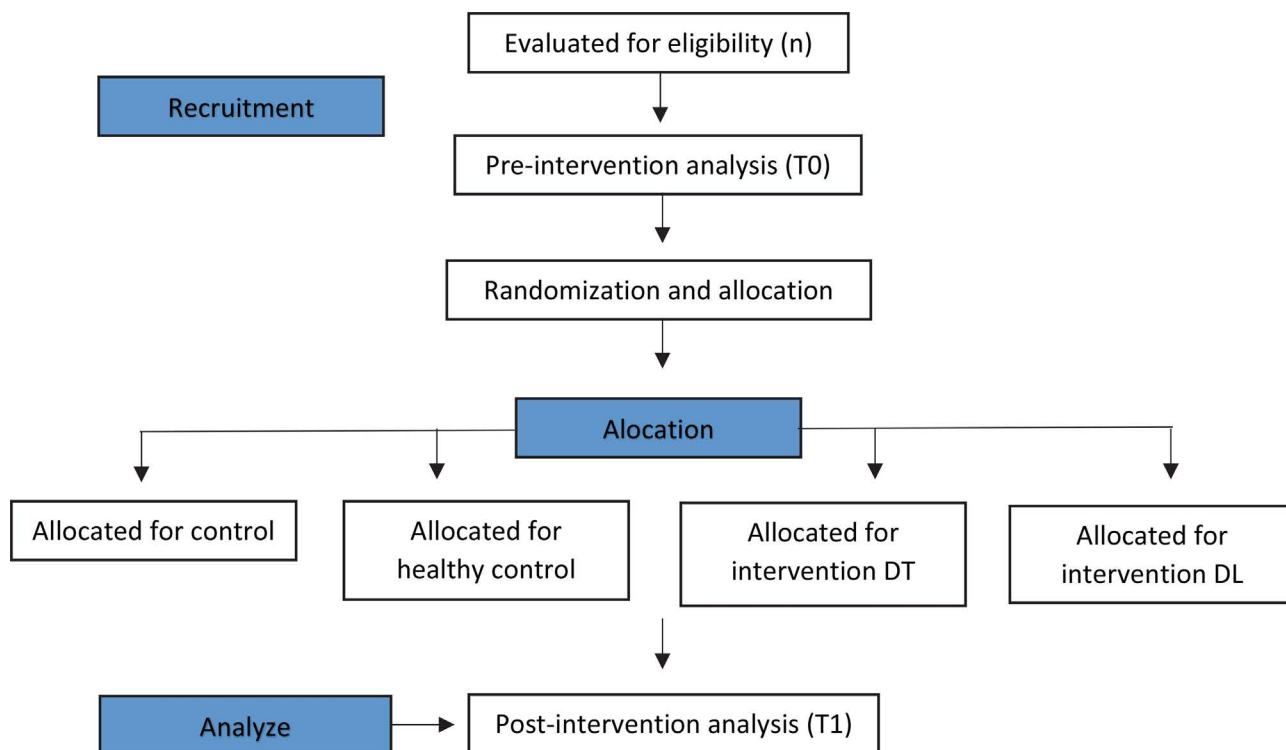


Figure 1 - Flowchart of the participant selection process and protocol steps, Consolidated Standards of Reporting Trials (CONSORT).

TIMEPOINT**	Enrolment	Allocation	Post - Allocation		
	-t ₁	0	t ₀	intervention	t ₁
ENROLMENT:					
Eligibility screen	X				
Informed consent	X				
Randomization	X				
Allocation		X			
INTERVENTIONS					
Dance therapy					
Free dance					
Control Group					
Healthy Control Group					
ASSESSMENTS:					
depressive symptoms			X		X
anxiety			X		X
humor			X		X
optimism			X		X
body image			X		X
self-esteem			X		X
stress			X		X

Figure 2 - Study evaluation schedule (SPIRIT).

senting a release from the oncologist responsible for the practice of physical exercise.

Exclusion criteria were determined: (1) Presenting some orthopedic limitation that prevents the practice of systematic physical activity, defined by a questionnaire; (2) Performing combined practice of any physical exercises in order to avoid confusion bias in the face of the intervention; (3) Having practiced dance therapy or free dance in the past three months; (4) Not attending at least 75% of the prescribed classes.

Sample size calculation

The G * Power 3.1.9.2 software was used to perform the sample size calculation, The method of distinguishing was used between the means, with $n = (\alpha + \beta) 2\sigma / d2$. The values of $\alpha = 0.05$ and $\beta = 0.80$ were respected, according to the table of the Gaussian curve. The values 2.69 and 0.51 respectively were used. The variable considered for the calculation was depressive symptoms. And the difference between the means was obtained through the study by Boing et al.¹⁵ which used dance for women with breast cancer. Therefore, a total number of 96 participants is expected to be distributed among the four study groups.

Randomization and blinding

The randomization of the sample will be carried out by two auxiliary researchers from the Laboratory of Research on Leisure and Physical Activity - LAPLAF/CNPq. They will receive a sealed envelope containing a nominal list of the women recruited and will be blinded to the allocation of the groups (free dance, dance therapy,

and group control). Thus, among these participants, the randomization will be carried out in secret in a computer program, Randomization.org, which will predict the allocation of participants into three intervention groups: a) group A: intervention with the practice of Dance therapy; b) group B: intervention with the practice of Free Dance and c) control group: that will be invited to maintain their routine activities. Group D will not participate in the randomization process, formed by healthy individuals, that is, without breast cancer.

The blinding of the study will not be possible since it is an intervention with physical exercise. In this way, both the participants and the researchers will know the activity being taught. Thus, in order to avoid any bias, data analysis will be requested by a researcher external to the intervention and data collection.

Intervention

The dance modalities chosen for these interventions were dance therapy and free dance, as both are stimulated by music and provide well-being to the participants. Dance therapy will promote the integration of the emotional, social, cognitive, and physical through the bodily and emotional experiences that it carries with it. While free dance will bring movements proposed by the teacher, covering various dance modalities, such as funk, axé, forró, pop, and samba, among others.

Dance therapy intervention protocol for women undergoing adjuvant breast cancer treatment (Table 1)

The dance sessions will be held at CEFID/UEDESC (Center for Physical Education, Physiotherapy and Sports at the State University of Santa Catarina) in the city of Florianópolis/SC. They will last 60 min, twice a week on non-consecutive days (Tuesday and Thursday), without rest, for 12 weeks, with light to vigorous intensity, verified through the rhythm of the songs (beats per minute - bpm) and the complexity of the movements, respecting the individuality of each participant. The speed of the chosen songs is measured according to the following classification: up to 80 bpm (slow time), up to 120 bpm (moderate time), and up to 150 bpm (vigorous time). The verification of the rhythm of the songs will be performed according to the beats per min (bpm), and counting will be performed using the bpm Detector Pro application.

A) Warm-up and Integration (15 min - Songs up to 80 bpm; and up to 120 bpm - Slow and moderate rhythm): 1- Starting Wheel. The group of students will start the class hand in hand, dancing freely to the music that will be repeated in all the classes. The connection between the individual body and the group body is sought from the gradual release of movements and the exchange of looks and facial expressions, guided by the intention of communication and welcoming. A droplet of essential oil (lavender or mint) will be used on each student's wrist.

Table 1 - Dance therapy intervention protocol for women undergoing adjuvant breast cancer treatment (twice a week, on non-consecutive days).

Week	Lessons	Heating and integration (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate)	Developed activities (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm), Rhythms (slow, moderate, vigorous)	Final experiences/Cooling down (15 min - Songs up to 80 bpm and up to 120 bpm). Rhythms (slow, moderate).	Principle of movement of Laban	Psychological variables
1	<p>Lesson 1 (IBP: Dynamics of the Worlds. Bolero: two and two, side swing, front and back walk (8 steps), arms that freely caress the body. Samba: two and two, side swing, front and back walk (8 steps), samba in the foot.)</p> <p>Lesson 2 (IBP: Finger dance dynamics. Axé: lateral swing, lateral leaps, cross the lateral front, and eight steps. Forró: lateral swing, lateral skips, cross behind the side and right back and forth).</p>	<p>1-Trevo (Tu) (bpm) - Anavitória (part. Tiago Iore); 2-Me abraça - Anavitória (92 bpm); 3-Meninino do Rio (Live) - Fernanda Abreu; 4-Meu Bem, Meu Mal (Live) - Sandy (104 bpm); 5-La Belle de Jour - Alceu Valença (112 bpm)</p> <p>1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iore); 2-Disparada - Lucy Alves (84 bpm); 3-Strani Amore - Renato Russo (76 bpm); 4-O Mais belo dos Belos - Alcione (92 bpm); 5-É por você que canto - Leandro e Leonardo (92 bpm)</p>	<p>6- Meu Mundo e Nada Mais (Ao vivo) - Guilherme Arantes (68 bpm); 7-Palco (Aria) - Djavan (100bpm); 8-O Ritmo da Chuva (Ao Vivo) - Fernanda Takai (104 bpm); 9- O Mar Serenou - Clara Nunes (84 bpm); 10-Saudosa Maloca - Demônios da Garoa (88 bpm); 11- Sonho Meu - Maria Bethânia e Gal Costa (84 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Me dê Motivo - Criolo (68 bpm)</p>	<p>14- O que é, O que é - Zé Ramalho (72 bpm); 15-Oração ao Tempo (Ao vivo) - Caetano Veloso (68 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Space</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>
1	<p>Lesson 2 (IBP: Finger dance dynamics. Axé: lateral swing, lateral leaps, cross the lateral front, and eight steps. Forró: lateral swing, lateral skips, cross behind the side and right back and forth).</p>	<p>1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iore); 2-Disparada - Lucy Alves (84 bpm); 3-Strani Amore - Renato Russo (76 bpm); 4-O Mais belo dos Belos - Alcione (92 bpm); 5-É por você que canto - Leandro e Leonardo (92 bpm)</p>	<p>6-Depois que o Ilê Passar - Caetano Veloso (88 bpm); 7- Me abraça - Anavitória (92 bpm); 8-Gente Bonita - Fioti (84 bpm); 9-Moreninha Linda - Michel Teló (120 bpm); 10-Xote das Meninas - Ceceu Valença (60 bpm); 11-Morangão do Nordeste - Frank Aguiar (68 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Killing me Softly - Kassia Marvila e Mylena Jardim (96 bpm)</p>	<p>14-Tocando em Frente - Anavitória (96 bpm); 15- Asa Morena - Zizi Possi (60 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Time</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>
2	<p>Lesson 3 (IBP: Dynamics of colored scarves Rock: lateral displacement (4 steps), weight transfer to the legs (alternating), forward and back displacement (4 steps). Country: lateral displacement, ending in a cross from the front (4 steps), weight transfer to the legs, crossing the front (alternating), and forward and back displacement (4 steps)).</p>	<p>1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iore); 2- Você é Linda - Alex Cohen (52 bpm); 3- Paisagem na Janela - Afonsinho (100 bpm); 4- Reconverso - Maria Bethânia (84 bpm); 5-Yolanda - Ney Matogrosso (56 bpm)</p>	<p>6- Ela só quer Paz - Projota (84 bpm); 7- I can see clearly now - Jimmy Clifif (120 bpm); 8-É preciso saber Viver - Lulu Santos (104 bpm); 9- Ciúmeira - Marijia Mendonça (112 bpm); 10- Entre tapas e beijos - Leandro e Leonardo (120 bpm); 11- Vida Boa - Victor e Léo (120 bpm); 12- Repeat songs 7 and 10 (2 min each); 13 - Volta pra mim - Kyzomba Brasil e Gaby Fernandes (80 bpm)</p>	<p>14-Quando Te Vi - Afonsinho (104 bpm); 15- Let it Be - Himesh Petel (68 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Fluency</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>
2	<p>Lesson 4 (IBP: Dance dynamics among women (double) Parsley: basic side (with a strong step at the end), glides back and forth, swings (both sides). Merengue: basic in place, lateral basic, forward and backward basic).</p>	<p>1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iore); 2- Canção da América - Afonsinho (80 bpm); 3-O Poeta está Vivo - (64 bpm); 4-Anunciação - Alceu Valença (96 bpm); 5-O Mais Belo dos Belos - Alcione (92 bpm)</p>	<p>6- Cachito Mío - Oscar D'Leon (112 bpm); 7- Oye como Va - Santana (120 bpm); 8-Stand by me - Prince Royce (120 bpm); 9-Morena de Angola - Elba Ramalho (104 bpm); 10-A Luz de Tietá - Ivete Sangalo/Gilberto Gil e Caetano Veloso (92 bpm); 11- Maria - Rick Martin (124 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-É D'Oxum - Catia Gammí (92 bpm)</p>	<p>14- Andança - Beth Carvalho (64 bpm); 15- Simples Assim - Lenine (64 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Energy</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>

(continued)

Table 1 - continued

Week	Lessons	Heating and integration (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate) Title /interpreter	Developed activities (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm), Rhythms (slow, moderate, vigorous) Title/interpreter	Final experiences/Cooling down (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate), Title/interpreter	Principle of movement of Laban	Psychological variables
3	<p>Lesson 5 (IBP: Dynamics of the "I" in space Tango: stepping in place (down-beat), walking ahead and behind (down-beat), changing the lateral weight (with pause). Waltz: lateral base, lateral base with forwarding and backward displacement, longitudinal base).</p>	<p>1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2-Te desejo Vida - Flavia Wenceslau (64 bpm); 3- Quase sem querer - Zelia Duncan (56 bpm); 4-Beleza Rara - Thiaguinho (88 bpm); 5-Moolaa Mantra - Onenessound (48 bpm)</p>	<p>6- El Dia que me Quieras - Andres Calamaro (48 bpm); 7- Por uma Cabeza - Esteban Morgado Cuarteto (56 bpm); 8- A Media Luz - Tangos e Boleros (60 bpm); 9 -Danubio Azul - J. Strauss (64 bpm); 10- João e Maria - Nara Leão e Chico Buarque (108 bpm); 11 - Rosa - Marisa Monte (48 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Águas de Cachoeira - Maria Betânia (92 bpm)</p>	<p>14- Nas manhãs do sul do mundo - Expresso Rural (68 bpm); 15- Amor de Índio- Affonsinho (100 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Space</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>
3	<p>Lesson 6 (IBP: Guardian Angel Dynamics Zouk: basic marking in place, basic marking with forwarding and backward displacement, opens and joins the feet (diagonals). Kizomba: steps in place, two and two, basic in place.</p>	<p>1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2- Alô Fevereiro - Roberta Sá (92 bpm); 3- Knocking'On Heavens's Door - Eric Clapton (68 bpm); 4- Kiss - The Mega Band (112 bpm); 5- Anjo de Guarda Noturno - Maria Gadú (84 bpm)</p>	<p>6- Quem de nós dois - Ganda (76 bpm); 7- Medo Bobo - Dj Kakah e Jão (80 bpm); 8- Não precisa mudar - Ivete Sangalo e Saulo (88 bpm); 9- Você vai Ver - Kizomba Brasil e Juka (76 bpm); 10- Bailando - K-Prof (88 bpm); 11- Boa Sorte - Kizomba Brasil, Nelson Freitas e Chelsy Sha (88 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Como uma onda - Vera Lucia (56 bpm)</p>	<p>14- Tempos Modernos - Netinho (120 bpm); 15- Wonderful Tonight - Eric Clapton (92 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Time</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>
4	<p>Lesson 7 (IBP: Geisha and gerreiro dynamics Bolero: two and two, side swing, front and back walk (8 steps), arms that freely caress the body. Samba: two and two, side swing, front and back walk (8 steps), samba in the foot).</p>	<p>1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2- Aquelle Abraço - Gilberto Gil (88 bpm); 3- Poema - Ney Matogrosso (64 bpm); 4- Clareiamô - Anavitoria (100 bpm); 5- Zé do Caroco - Seu Jorge (56 bpm)</p>	<p>6- Amigo do Sol, Amigo da Lua - Benito di Paula (64 bpm); 7- Simplicidade - Pato Fu (64 bpm); 8- Corro Demais - Roberto Carlos (108 bpm); 9- Faz parte do meu show - Os cantores da Noite (64 bpm); 10- Cabide - Marinalia (68 bpm); 11- Disritmia - Luiz Melodia (72 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- A Thousand Years - Christina Perri (52 bpm)</p>	<p>14- É tão lindo - A Turma do Balão Mágico (104 bpm); 15- Imagine - Jack Johnson (72 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Fluency.</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>
4	<p>Lesson 8 (IBP: Dance dynamics among women (for each other) Axé: lateral swing, lateral leaps, cross the lateral front, and eight steps. Forró: lateral swing, lateral skips, cross behind the side and right back and forth).</p>	<p>1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2- Fogo e Paixão - Wando (68 bpm); 3- Mania de Você - Rita Lee (60 bpm); 4- Andar com fé - Gilberto Gil (92 bpm); 5- Meu Abrigo - Melim (88 bpm)</p>	<p>6- O que essa nega quer - Harmonia do Samba e Luiz Caldas (92 bpm); 7- Depois que o Ilê Passar - Caetano Veloso (84 bpm); 8- Muito obrigada, Axé - Ivete Sangalo e Maria Bethânia (96 bpm); 9- A vida do viante - Luiz Gonzaga e Gonzaguinha (72 bpm); 10- Paisagem da Janela - Rodrigo Borges (64 bpm); 11- Trem Bala - Aninha Vida (88 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Fogo e Paixão - Wando (68 bpm)</p>	<p>14- Vitoriosa - Os cantores da Noite (52 bpm); 15- Clube da Esquina N 2 - Affonsinho - (60 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)</p>	<p>Fluency, Energy</p>	<p>Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress</p>

(continued)

Table 1 - continued

Week	Lessons	Heating and integration (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate)	Developed activities (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm). Rhythms (slow, moderate, vigorous)	Final experiences/Cooling down (15 min - Songs up to 80 bpm and up to 120 bpm). Rhythms (slow, moderate).	Principle of movement of Laban	Psychological variables
5	Lesson 9 (IBP: Dynamics of colored scarves Rock: lateral displacement (4 steps), weight transfer to the legs (alternating), forward and back displacement (4 steps), opens and joins the feet (laterally). Country: lateral displacement, ending in a cross from the front (4 steps), weight transfer to the legs, crossing the front (alternating), forward and back displacement (4 steps), opens and joins the feet (laterally), marking three steps in the middle).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2-O Sol Nascerá - Ney Matogrosso (80 bpm); 3-Ovelha Negra - Rita Lee (60 bpm); 4-Nego Lutou - Fióti (96 bpm); 5-Flor da Pele - Zeca Baleiro (64 bpm)	6- Papai me empresta o carro - Rita Lee (Live) - (120 bpm); 7- Vendendor de Bananas - Rita Bennedito (88 bpm); 8- Whisk a Gogo - Roupa Nova (128 bpm); 9-Entre tapas e beijos - Leandro e Leonardo (60 bpm); 10-Azul - Edson e Hudson (64 bpm); 11-Ela tem o dom de me fazer chorar - Eduardo Costa (72 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Cuida bem de mim - Fabio Junior (120 bpm)	14-É o amor - Fabio Junior (68 bpm); 15- Balada do Louco (Live) - Rita Lee (84 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Space	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
5	Lesson 10 (IBP: Dance dynamics among women (double Parsley: side basics (with a strong step at the end), slides back and forth, swing back and forth (both sides), slow circle around you marking the time in each step (8 times). Merengue: basic in place, basic, basic forwards and backward, swinging forward and back, marking three steps in the middle (both sides)).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2-Gostava Tanto de Você - Nando Reis e os Infernais (72 bpm); 3-Um dia após o outro - Tiago Iorc Acústico MTV (72 bpm); 4-The Best - Tina Turner (96 bpm); 5-Tanto Amar - Ney Matogrosso (60 bpm)	6-Carlito Marron - Carlinhos Brown (68 bpm); 7-Oye Como Va - Santana (64 bpm); 8- Clocks - Coldplay (68 bpm); 9-Chorando se Foi - Kaoma (116 bpm); 10-Somos Novios - Carlos Ugueto (112 bpm); 11-Santo, Santo - Só pra Contrariar (96 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Sangue Latino - Ney Matogrosso (60 bpm)	14- À primeira vista - Daniela Mercury (72 bpm); 15- Falando um pedaço - Os Cantores da noite (68 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Time	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
6	Lesson 11 (IBP: Dynamics of the "T" in space Tango: stepping in place (down-beat), walking ahead and behind (down-beat), changing the side weight (with pause), side falls. Waltz: lateral basic, lateral basic with forwarding and backward displacement, longitudinal basic, a circle with forwarding displacement, in basic marking).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2 - Maracangalha - Martinália (108 bpm); 3-Coisas da Vida - Rita Lee (Live) - (64 bpm); 4-Conversa de Botecoim - Teresa Cristina (80 bpm); 5-Banho Cheiroso - Rita Bennedito (80 bpm)	6- El Dia que me Quieras - Andres Calamaro (48 bpm); 7- Por uma Cabeza - Esteban Morgado Cuarteto (56 bpm); 8-A Media Luz - Tangos e Boleros (60 bpm); 9-Danubio Azul - J. Strauss (64 bpm); 10-João e Maria - Nara Leão e Chico Buarque (108 bpm); 11- Se você vai Eu Vou - Lucy Alves (48 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Whisky a Go Go - Reginaldo Rossi (128 bpm)	14-Chuva de Prata - Paula Fernandes (64 bpm); 15- Preciso dizer que te amo - Marina Lima (100 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
6	Lesson 12 (IBP: Dynamic with long skirts Zouk: basic marking in place, basic marking with forwarding and backward displacement, opens and joins the feet (diagonals), wavy movements with the torso and shoulders Kizomba: steps in place, two and two, basic in	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2-Dança do Bole Bole - Péricles (88 bpm); 3- Te faço um café - Mariana Aydar (68 bpm); 4-Porta Aberta - Luka (96 bpm); 5-Anunciação - Alceu Valença (96 bpm)	6-Sonho Bom - Jansen (64 bpm); 7-Medo Bobo - Dj Kakah e Jão (80 bpm); 8-Não precisa mudar - Ivete Sangalo e Saulo (88 bpm); 9-Você vai Ver - Kizomba Brasil e Juka (76 bpm); 10-Lento - Daniel Santacruz (84 bpm); 11-Boa Sorte - Kizomba Brasil, Nelson Freitas e Chelsy Sha	14- Tocando em Frente - Paula Fernandes (96 bpm); 15- Casa no Campo - Os Cantores da Noite (60 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Energy	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress

(continued)

Table 1 - continued

Week	Lessons	Heating and integration (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate) Title / interpreter	Developed activities (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm). Rhythms (slow, moderate, vigorous) Title/interpreter	Final experiences/Cooling down (15 min - Songs up to 80 bpm and up to 120 bpm). Rhythms (slow, moderate), Title/interpreter	Principle of movement of Laban	Psychological variables
		place, walk ahead (8 steps) with the change of direction (half-turn)).	(88 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Menina Veneno - Ritchie e Rodrigo Sha (124 bpm)			
7	Lesson 13 (IBP: Objectives and water dynamics Bolero: two and two, side swing (with swinging arms), front and back walk (8 steps), arms that present caress the body. Samba: two and two, side swing (with swinging arms), front and back walking (8 steps, with arms that offer), samba in the foot).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago lore); 2-Casinha Branca - Maria Bethania (60 bpm); 3-September - Claudia Rezende, Nico Rezende e Leo Gand (60 bpm); 4-Quer namorar comigo? Kizomba Brasil e Mikas Cabral (76 bpm); 5-Da Laia do Lama - Eliana Printes (64 bpm)	6-Conto de Areia - Clara Nunes (80 bpm); 7- Coração Feliz - Beth Carvalho (76 bpm); 8-Desejo de Amar - Eliana de Lima (64 bpm); 9- Desculpe o Auê - Rita Lee (Live) - (120 bpm); 10- Se - Wando (88 bpm); 11- Onde anda você - Mart'nália (112 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Bailando - Kpro (88 bpm)	14- Certos Amigos - Expresso Rural; 15- Iluminados - Os cantores da Noite (48 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Space	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
7	Lesson 14 (IBP: Dynamics of the present, past, and future Axé: lateral swing, lateral leaps, cross the lateral front and eighth steps (with arms that rise and fall). Forró: lateral swing, lateral skips, cross behind the side and right back and forth (with arm on the head and waist)).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago lore); 2-Debaixo dos Caracóis dos seus Cabelos - Roberto Carlos (64 bpm); 3- Mulher - Tiago lore (80 bpm); 4-Corazón - Maluma (92 bpm); 5-É o Amor - Maria Bethania (60 bpm)	6-Samba LeLê- Barbatuques (92 bpm); 7- Olha eu aí - Banda Cheiro de Amor (92 bpm); 8- Clareiamô - Anavitória e Saulo (100 bpm); 9- Tropicana - Lucy Alves (72 bpm); 10-Oh! Chuvai! - Falamansa (68 bpm); 11- Esperando na Janela - Gilberto Gil (76 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Sacrifice - DJ Max Black-Soul (76 bpm)	14- Se eu não te amasse tanto assim - Os cantores da noite (52 bpm); 15- Te devoro - Os Cantores da Noite (84 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Time	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
8	Lesson 15 (IBP: Dynamics of maculelê Rock: lateral displacement (4 steps), weight transfer to the legs (alternating, with arms that cross), forward and back displacement (4 steps), opens and joins the feet (laterally). Country: lateral displacement, ending in a cross from the front (4 steps), weight transfer to the arms that are placed next to the waist), forward and back displacement (4 steps), opens and joins the feet (laterally), marking three steps in the middle).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago lore); 2-A Vida do Viajante - Luiz Gonzaga e Gonzaguinha (76 bpm); 3- Pupila - Anavitoria e Victor Kley (88 bpm); 4-Ela só quer Paz - Projota (84 bpm); 5- Triste, Louca ou Mía - Francisco el Hombre (72 bpm)	6-Stayin'Alive - The Bee Gees (100 bpm); 7-Have you ever seen the rain - Creedance (112 bpm); 8-Man I Feel Like Woman - Shania Twain (116 bpm); 9-Quer casar comigo - Bruno e Marrone (60 bpm); 10- Ciúmeira - Marília Mendonça (64 bpm); 11-Fugidinha - Michel Teló (80 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Conto de Areia - Clara Nunes (80 bpm)	14-Bem que se quis - Os cantores da Noite (84 bpm); 15- Três Letrinhas - Marisa Monte (56 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Fluency	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
8	Lesson 16 (IBP: Dance dynamics among women (small groups) Parsley: basic side (with a strong step at the end), slides back and forth, swing back and	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago lore); 2-Que Maravilha - Vinicius de Moraes (88 bpm); 3- Eu sei - Marisa Monte (72 bpm); 4-	6-Corazón - Maluma (100 bpm); 7-A luz de Tieta - Ivete Sangalo, Gilberto Gil e Caetano Veloso (96 bpm); 8-Bailando - Enrique Iglesias (92 bpm); 9- Tá combinado - Ivete	14- O Ritmo da Chuva - Fernanda Takai (56 bpm); 15- Alta noite - Marisa Monte (56 bpm); 16-É preciso saber Viver -	Fluency, Energy	Depressive symptoms; Anxiety; Humor; Optimism;

(continued)

Table 1 - continued

Week	Lessons	Heating and integration (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate) Title / interpreter	Developed activities (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm). Rhythms (slow, moderate, vigorous) Title/interpreter	Final experiences/Cooling down (15 min - Songs up to 80 bpm and up to 120 bpm). Rhythms (slow, moderate). Title/interpreter	Principle of movement of Laban	Psychological variables
	back (both sides), slow circle around you marking the time in each step (8 times, with an arm that rises and goes down around the body). Merengue: basic in place, basic, forward and backward, swing forward and backward, marking three steps in the middle (both sides, with arms that open and cross in front of the body)).	Camimando por la Calle - Gipsy Kings (92 bpm); 5-Man I Feel Like Woman - Shania Twain (64 bpm)	Sangalo, Gilberto Gil e Caetano Veloso (60 bpm); 10-Passion - (64 bpm); 11-Como quisiera - Mana (68 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Só o Amor - Preta Gil e Gloria Groove (92 bpm)	Rodrigo Braga (piano brasileiro) (68 bpm)		Body image; Self-esteem; Stress
9	Lesson 17 (IBP: Dynamics of the planes (small groups) Tango: stepping in place (downbeat), walking ahead and behind (downbeat), changing the side weight (with pause), side slopes (arms sliding on the legs). Waltz: side basics, side basics with front and rear displacement, longitudinal basics, a circle with forwarding displacement, in basics marking (smooth swinging arms)).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2-Sorte - Tom Cleber (56 bpm); 3-Minha namorada - Mart'nália (56 bpm); 4-Índia - Michel Teló e Paula Fernandes (100 bpm); 5- O Segundo Sol - Gal, Reis e Gil (80 bpm)	6-Farol - Osvaldo Pugliese e Roberto Charneil (56 bpm); 7-A gran Muneca - Alfredo De Angelis (60 bpm); 8-El dia que me quieres - Andres Calamaro (48 bpm); 9-Danubio Azul - J. Strauss (64 bpm); 10-João e Maria - Nara Leão e Chico Buarque (108 bpm); 11- Se você vai Eu Vou - Lucy Alves (48 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Por causa de Você, Menina - Ivete Sangalo (80 bpm)	14- Que Maravilha - Toquinho Ao Vivo (80 bpm); 15- Clube da Esquina - Flávio Venturini (68 bpm); 16- É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Space	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
9	Lesson 18 (IBP: Dynamics with balloons. Zouk: basic marking in place, basic marking with forwarding and backward displacement, opens and joins the feet (diagonals), wavy movements with the trunk and shoulders (arms that go around the body). Kizomba: steps in place, two and two, basic in place, walk ahead (8 steps) with the change of direction (half-turn, arm that extends and rotates the wrist)).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2-Carinholoso - Marisa Monte (44 bpm); 3-Esotérico (Ao vivo) - Gal, Reis e Gil (56 bpm); 4-Segue o Som - Vanessa da Mata (88 bpm); 5-Pérola Negra (Ao vivo) - Gal, Reis e Gil (64 bpm)	6-Quem de nós dois - Ganda (76 bpm); 7-Medo Bobo - Dj Kakah e Jão (80 bpm); 8-Não precisa mudar - Ivete Sangalo e Saulo (88 bpm); 9-Você vai Ver - Kizomba Brasil e Luka (76 bpm); 10-Bailando - K-Prof (88 bpm); 11-Boa Sorte - Kizomba Brasil, Nelson Freitas e Chelsy Sha (88 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Não Perco meu tempo - Anitta (100 bpm)	14- Metamorfose Ambulante - Zelia Duncan (72 bpm); 15- As coisas lindas tão mais lindas - Nando Reis (80 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Time	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
10	Lesson 19 (IBP: Dynamics of elastics Bolero: two and two, side swing (with swinging arms), front and back walk (8 steps), arms that freely caress the body. Samba: two and two, side swing (with swinging arms), front and back walking (8 steps, with arms that offer), samba in the foot).	1- Trevo (Tu) (bpm) - Anavitoria (part. Tiago Iorc); 2-A Majestada o Sabiá - Roberta Miranda (56 bpm); 3-Baby - Gal, Reis e Gil (56 bpm); 4-Merceditas - Renato Borghetti (120 bpm); 5-Espátódea (Ao vivo) - Nando Reis (76 bpm)	6- Azul da Cor do Mar - Tim Maia (64 bpm); 7- Como é grande o meu amor por você - Lulu Santos (108 bpm); 8- La Barca - Daniel Boaventura (92 bpm); 9-Tarde em Itapoá - Martinália (72 bpm); 10- Pra que dinheiro? - Pedro Luis (76 bpm); 11- O meu lugar - Arlindo Cruz (76 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-Amor, meu grande Amor - Ângela Roró (56 bpm)	14-Primavera - Pato Fu (72 bpm); 15- Mais bonito não há - Tiago Iorc e Milton Nascimento (60 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress

(continued)

Table 1 - continued

Week	Lessons	Heating and integration (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate) Title / interpreter	Developed activities (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm), Rhythms (slow, moderate, vigorous) Title / interpreter	Final experiences/Cooling down (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate), Title/interpreter	Principle of movement of Laban	Psychological variables
10	Lesson 20 (IBP): Dance dynamics among women (one at a time, for the large group) Axé: lateral swing, lateral leaps, cross the lateral front and eight steps (with arms that rise and fall). Forró: lateral swing, lateral skips, cross behind the side and right back and forth (with an arm on the head and waist)).	1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iorc); 2- Bye, Bye Tristeza - Lia Sophia (84 bpm); 3- Pinhal - Pouca Vogal (76 bpm); 4- Ainda ontem chorei de Saudade - Leonardo e Eduardo Costa (100 bpm); 5- Tangerina (Ao Vivo) - Tiago Iorc e Duda Beat (108 bpm)	6-Baianidade Nagô - Anavitória (96 bpm); 7-Madagascar Olodum - Banda Reflexus (88 bpm); 8-Não me faça esperar - Ivete Sangalo (104 bpm); 9-Vem meu Amor - Anavitória (84 bpm); 10- Um anjo do céu - Rastapé (72 bpm); 11- Que seja - Bicho de Pé (80 bpm); 12- Repeat songs 7 and 10 (2 min each); 13-La Isla Bonita - Madonna (100 bpm)	14- Pareço um menino - Fabio Junior (68 bpm); 15- Ai que saudade D'ocê - Zeca Baleiro (92 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Energy	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
11	Lesson 21 (IBP): Dynamics of dancing outdoors Rock: lateral displacement (4 steps), weight transfer to the legs (alternating, with arms that cross), forward and back displacement (4 steps), opens and joins the feet (laterally). Country: lateral displacement, ending in a cross from the front (4 steps), weight transfer to the legs, crossing the front (alternating, with arms that are placed next to the waist), forward and back displacement (4 steps), opens and joins the feet (laterally), marking three steps in the middle).	1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iorc); 2-Pela Luz dos Olhos Teus - Tom Jobim e Elis Regina (?); 3- Apenas mais uma de amor - Lulu Santos (80 bpm); 4- Espanhola - 14 Bis (112 bpm); 5- Epitáfio - Alok, Titiãs e Bashkar (120 bpm)	6- Você vai estar na minha - Negra Li (92 bpm); 7- Sentado à beira do caminho - Ira (88 bpm); 8-Negro gato - Mc Leozinho (124 bpm); 9-Morango do Nordeste - Karametade (72 bpm); 10-A culpa é dele - Maraia e Maraisa (64 bpm); 11-Vá com Deus - Roberta Miranda (64 bpm); 12- Repeat songs 7 and 10 (2 min each); 13 - Espanhola - Flavio Venturini (116 bpm)	14-Você é linda - Fabio Junior (96 bpm); 15- Sinônimos - Zé Ramalho Voz e Violão (44 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Space	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
11	Lesson 22 (IBP): Dynamics of taking cancer to dance Parsley: basic side (with a strong step at the end), slides back and forth, swing back and back (both sides), slow circle around you marking the time in each step (8 times, with an arm that rises and goes down around the body). Merengue: basic in place, basic, forward and backward, swing forward and backward, marking three steps in the middle (both sides, with arms that open and cross in front of the body)).	1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iorc); 2-Dancing Days - As Frenéticas (120 bpm); 3-Espumas ao Vento - Mariana Aymar (68 bpm); 4- 300 Anos - Alcione (84 bpm); 5- Sereno - Dante Ramon Ledesma e Yangos (88 bpm)	6-Cachito Mio - Oscar D'León (64 bpm); 7-Bendita Luz - Maná y Juan Luis Guerra (64 bpm); 8-Stand by Me - Prince Royce (120 bpm); 9-Merengue - Yvonne (116 bpm); 10-Meia Luza Inteira - Caetano Veloso (100 bpm); 11-Djôbi Djôba - Gipsy Kings (104 bpm); 12- Repeat songs 7 and 10 (2 min each); 13 - Linda Juventude - 14 Bis (120 bpm)	14-Maria, Maria - Milton Nascimento (64 bpm); 15- Quem sabe isso que dizer amor - Rodrigo Borges (64 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Time	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress
12	Lesson 23 (IBP): Dynamics with veils Tango: stepping in place (downbeat), walking ahead and behind (downbeat), changing the side weight (with pause), side slopes (arms sliding on the legs). Waltz: side basics, side basics with front and rear displacement, longitudinal basics, a circle with forwarding displacement, in basics marking (smooth swinging arms)).	1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iorc); 2-Bandeira Branca - Maria Rita (100 bpm); 3-O Leãozinho - Ana Vilela (60 bpm); 4-Caminho das Águas - Maria Rita (104 bpm); 5- Vira Virou (48 bpm)	6- El Dia que me Quieras - Andres Calamaro (48 bpm); 7-Por uma Cabeza - Esteban Morgado Cuarteto (56 bpm); 8-A Media Luz - Tangos e Boleros (60 bpm); 9 -Danubio Azul - J. Strauss (64 bpm); 10-João e Maria - Nara Leão e Chico Buarque (108 bpm); 11- Rosa - Marisa Monte (48 bpm); 12- Repeat songs 7 and 10 (2 min each); 13- Escrito nas Estrelas - Nina (108 bpm)	14- Trem bala - Ana Vilela e Luan Santana (92 bpm); 15- Relicario - Anavitória (80 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress

(continued)

Table 1 - continued

Week	Lessons	Heating and integration (15 min - Songs up to 80 bpm and up to 120 bpm), Rhythms (slow, moderate) Title / interpreter	Developed activities (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm). Rhythms (slow, moderate, vigorous) Title/interpreter	Final experiences/Cooling down (15 min - Songs up to 80 bpm and up to 120 bpm). Rhythms (slow, moderate). Title/interpreter	Principle of movement of Laban	Psychological variables
12	Lesson 24 (IBP): Dynamics of the Worlds/Zouk: basic marking in place, basic marking with forwarding and backward displacement, opens and joins the feet (diagonals), wavy movements with the trunk and shoulders (arms that go around the body). Kizomba: steps in place, two and two, basic in place, walk ahead (8 steps) with the change of direction (half-turn, arm that extends and rotates the wrist)).	1- Trevo (Tu) (bpm) - Anavitória (part. Tiago Iorc); 2-Cania, Cania Minha Gente - Martinho da Vila (88 bpm); 3-Promete - Ana Vilela (56 bpm); 4-Águas de Cachoeira - Maria Bethânia (92 bpm); 5- La Belle de Jour - Alceu Valença (112 bpm)	6-Sonho Bom - Jansen (64 bpm); 7-Medo Bobo - Dj Kakah e Jão (80 bpm); 8-Não precisa mudar - Ivete Sangalo e Saulo (88 bpm); 9-Você vai Ver - Kizomba Brasil e Juka (76 bpm); 10-Lento - Daniel Santacruz (84 bpm); 11-Boa Sorte - Kizomba Brasil, Nelson Freitas e Chelsy Sha (88 bpm); 12- Repeat songs 7 and 10 (2 min each) 13- Somos quem podemos ser - Pouca Vagal (84 bpm)	14- Emoções - Marina Lima; 15- Quando Gira o Mundo - Fabio Junior e Joana (72 bpm); 16-É preciso saber Viver - Rodrigo Braga (piano brasileiro) (68 bpm)	Fluency, Energy	Depressive symptoms; Anxiety; Humor; Optimism; Body image; Self-esteem; Stress

The friction of the wrists will enhance the aroma and, consequently, stimulate the sense of smell as a way of harmonization of the environment; 2- Music of integration between themselves and the group. The group is invited to undo the circle formation and each member can go to another one, in their turn, seeking the connection through physical contact. At this moment, it is proposed that the referred contact expresses the feeling of welcome, equality, respect, sonority, and belonging through gestures and touches on the other person's body; 3- Music for mobilization of upper limbs, lower limbs, and spinal muscles. In this song, there will be the execution of broad to specific joint movements, including flexion, extension, abduction, adduction, and internal and external shoulder rotations, starting from the upper body, going through trunk movements, until reaching the lower limbs; 4- Music for rhythmic movements around the room in different directions (timing, setbacks, and breaks); 5- Music for integrative body practice (IBP) based on experiential exercises, inspired by Biodanza.

B) Activities developed/Central contents (30 min - Music of up to 80 bpm; up to 120 bpm and up to 150 bpm - Slow, moderate, and vigorous rhythms): First block of dance content - Dance style (which can be samba, Rock, Salsa, Merengue, Waltz, Tango, Forró, Bolero, Kizomba, Zouk, Sertanejo, or Axé): 6 - Approach Music; 7 - Movement Learning Music; 8 - Practice Music; Second block of specific dance content - Dance Style: 9 - Approach Music; 10 - Movement Learning Music; 11 - Practice Music; 12 - Music for review/(Re) Creation of learned movements: the group is invited to record the movements learned in each dance style learned in class. However, each participant will have space of freedom to execute the form, sequence, cadence, and expression they desire and feel more comfortable performing. Two minutes of songs number 7 and 10 from the selection organized for a class that day will be repeated; 13 - Music for improvement/creation: at this moment, spaces for freedom of expression are proposed. Improving improvisation will always have a theme generated by the teacher and will be based on the feelings and sensations expressed by the participants at the end of each previous class (reflection round). Improvisation can also be stimulated by a poem, a phrase, a photograph, an object, or even by a theme that is proposed by some part of the group.

C) Final Experiences/Cooling Down and Reflection (15 min - Music of up to 80 bpm and up to 120 bpm - Slow and moderate rhythms): 14 - Music for vocal expression and dramatization in a circle: the students will be encouraged to sing the song chosen for this moment while they interpret it with movements. Such movements, at first, will be proposed by the researcher, and, afterward, students will be asked to make their corporal interpretation of the lyrics. Facial expressions will be well emphasized; 15 - Music for final stretching; 16 - Music for relaxation

and final reflection: in a circle, students will be invited to close their eyes and notice in themselves the reflexes/effects of the class. In an attitude of connection, the teacher will walk around the circle, passing each student and touching their shoulders with a comfortable intensity. The intention of doing so is to convey feelings such as belonging, care, and acceptance. After passing through and touching all the students, the teacher invites them to touch their shoulders, with their eyes still closed, in sliding movements that, in turn, convey feelings of acceptance, affirmation, and recognition of themselves.

Free dance intervention protocol for women undergoing adjuvant breast cancer treatment (Tables 2 and 3)

The free dance sessions will be held at the CEFID/ UDESC gym in the city of Florianópolis/SC. They will last 60 min and will occur twice a week (Tuesdays and Thursdays), in the afternoon, for 12 weeks, with increasing intensity from light to vigorous verified through the rhythm of the songs (bpm), respecting the individuality of each participant. The speed of the chosen songs will follow the following classification: up to 80 bpm (slow time), up to 120 bpm (moderate time), and up to 150 bpm (vigorous time). The verification of the rhythm of the songs will be performed according to the measurement in bpm. The counting will be carried out using the bpm Detector Pro application. It is important to highlight that the protocols will be applied by two different researchers since the period of classes takes place simultaneously.

A) Initial warm-up and stretching: the beginning of the class will feature a slower pace, in which the songs worked in the first instance will be determined with up to 80 bpm. A choreographed stretching (exercises performed to the rhythm of the music), exercises to mobilize the upper limbs, lower limbs, and spine muscles will be performed as well as rhythmic displacements in different directions and integration in a circle, lasting 15 min, as a way to increase the body temperature of the practitioners and the bond between them.

B) Main part: Develop free dance movements, stimulating motor coordination, rhythm, and body awareness, improving aspects of flexibility and range of motion of the upper limbs. The activity can be explored individually, in pairs, or groups, according to the rhythm of the music (axé, funk, pop, disco music, forró, hip hop, samba, pagode, vogue, and stylet), always respecting body awareness of each participant, and stimulating the expression of feelings. For this part of the class, songs considered to have a moderate pace (up to 120 bpm) will be used as well as those considered to have a fast/vigorous pace (up to 150 bpm). This class session will have an average duration of 30 min.

C) Relaxation: The end of the class, slower movements will be performed, through the practice of static stretching and relaxation techniques with breathing, using

Table 2 - Schedule of classes and music used in the free dance intervention (Tuesday).

Weeks	Heating and Integration (15 min - Slow Songs (up to 80 bpm), Music-Artist)	Activities developed/ central contents (30 min - Slow, Moderate, and Vigorous Music (up to 80 bpm, up to 120 bpm, up to 150 bpm), Music-Artist)	Final Experiences/Cooling Down and Reflection (15 min - Slow and Moderate Music (up to 80 bpm and up to 120 bpm, Music-Artist)
Week 1 (Axé, Funk)	1- Zero - Limiker e os Caramelows (77 bpm); 2- Segue o Som - Vanessa da Mata (92 bpm); 3- Maionese (Mayonesa) - Gil (97 bpm); 4- Bumbum de Ouro - Glória Groove (90 bpm)	5- A Bomba (La Bomba) - Braga Boys (95 bpm); 6- Medley; Pau Que Nasce Torço/Melo do Tchan - É o Tchan (96 bpm); 7- Ralando o Tchan - É o Tchan (105 bpm); 8- Cerol na Mão - Bonde do Tigrão (127 bpm); 9- S6 Love - Claudinho e Buchecha (133 bpm); 10- Combatchy - Anitta & Lexa & Luísa Sonza & Mc Rebecca (150 bpm); 11- Repeat songs 7 and 8.	12- Coisas que eu sei - Danni Carlos (120 bpm); 13- Peça Felicidade - Melim (97 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 2 (Axé, Funk)	1-Zero - Limiker e os Caramelows (77 bpm); 2- Só o Amor - Preta Gil & Glória Groove (95 bpm); 3- Bola de Sabão - Babado Novo (90 bpm); 4- Movimentá - Jaleo & Lia Clark (97 bpm)	5- Dançando - Ivete Sangalo (114 bpm); 6- Xibom Bombom - As Meninas (149 bpm); 7- Reboleção - Parangolé (150 bpm); 8- Feluragem - Mc WM (95 bpm); 9- Um Morto Muito Louco - Bonde do Tigrão (128 bpm); 10- Braba - Luísa Sonza (144 bpm); 11- Repeat songs 7 and 9.	12- Coisas que eu sei - Danni Carlos (120 bpm); 13- Vêla Infância - Tribalistas (113 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 3 (Pop: Nacional e Internacional; Anos 80 (Disco Music); Nacional e Internacional)	1-Zero - Limiker e os Caramelows (77 bpm); 2- Beija Flor - Johnny Hooker (87 bpm); 3- Single Ladies (Put On Ring On It) - Beyoncé (97 bpm); 4- Ft Must Have Been Love - Roxette (81 bpm)	5- Ragatanga - Rouge (92 bpm); 6- Single Ladies (Put On Ring On It) - Beyoncé (97 bpm); 7- Adoleta - Kelly Key (130 bpm); 8- Y.M.C.A. - Village People (126 bpm); 9-	12- De Janeiro a Janeiro - Roberta Campos & Nando Reis (80 bpm); 13- Do Lado De Cá - Chimarruts (76 bpm); 14- Cruel - Nina Fernandes (120 bpm)

(continued)

Table 2 - continued

Weeks	Heating and Integration (15 min - Slow Songs (up to 80 bpm), Music-Artist)	Activities developed/ central contents (30 min - Slow, Moderate, and Vigorous Music (up to 80 bpm, up to 120 bpm, up to 150 bpm), Music-Artist)	Final Experiences/Cooling Down and Reflection (15 min - Slow and Moderate Music (up to 80 bpm and up to 120 bpm, Music-Artist)
Week 4 (Nacional e Internacional; Anos 80 (Disco Music): Nacional e Internacional)	1-Zero - Liniker e os Caramelows (77 bpm); 2- Chuva - Jaleco (94 bpm); 3- Baby Boy -Beyoncé & Sean Paul (91 bpm); 4- Wake Me Up Before You Go-Go - Wham! (82 bpm)	I'm Every Woman - Chaka Khan (114 bpm); 10- Material Girl - Madonna (136 bpm); 11- Repeat songs 6 and 8. 5- Boa Menina - Luisa Sonza (90 bpm); 6- Love On Top - Beyoncé (94 bpm); 7- Sua Cara - Major Lazer ft. Anitta & Pabllo Vittar (100 bpm); 8- I Wanna Dance With Somebody - Whitney Houston (119 bpm); 9- Lança Perfume - Rita Lee (125 bpm); 10- Mamma Mia - Abba (138 bpm); 11- Repeat songs 5 and 8.	12- De Janeiro a Janeiro - Roberta Campos & Nando Reis (80 bpm); 13- O Amor e O Poder (The Power of Love) - Rosana (99 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 5 (Mix of dance styles from previous weeks)	1-Zero - Liniker e os Caramelows (77 bpm); 2- Yo Yo - Glória Groove & IZA (90 bpm); 3- Então Vai - Pabllo Vittar & Diplo (94 bpm); 4- Bola de Sabão - Babado Novo (90 bpm)	5- Com Calma (Remix) - Daddy Yankee ft. Katy Perry & Snow (94b pm); 6- O Baile Todo - Bonde do Tigrão (129 bpm); 7- Veneno - Potyguara Bardo & Valquí (112 bpm); 8- Conga, Conga, Conga - Gretchen (134 bpm); 9- Tempo de Alegria - Ivete Sangalo (148 bpm); 10- Take On Me - A-há (84 bpm); 11- Repeat songs 6 and 8.	12- Infinito Particular - Silva (120 bpm); 13- True Colors - Glee Cast (86 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 6 (Mix of dance styles from previous weeks)	1- Zero - Liniker e os Caramelows (77 bpm); 2- Closer - The Chainsmokers & Halsey (90 bpm); 3- Terremoto - Anitta e Mc Kevinho (95 bpm); 4- Stayin' Alive - Bee Gees (100 bpm)	5- Salvaje - Pabllo Vittar (95 bpm); 6- Largadinho - Claudia Lettie (114 bpm); 7- Show das Poderosas - Anitta (133 bpm); 8- In My House - Mary Jane's Girls (114 bpm); 9- Don't Start Now - Dua Lipa (124 bpm); 10- Deixa Ele Sofrer - Anitta (97 bpm); 11- Repeat songs 5 and 7.	12- Infinito Particular - Silva (120 bpm); 13- Linger - The Cranberries (95 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 7 (Forró; Samba/Pagode)	1- I See Fire - Ed Sheeran (79 bpm); 2- Ritulício - Potyguara Bardo & Omulu (90 bpm); 3- Xote dos Milagres - Falamansa (79 bpm); 4- Cheia de Manias - Raça Negra (95 bpm)	5- Xote de Alegria - Falamansa (80 bpm); 6- Oh! Chuva - Falamansa (138 bpm); 7- Colo De Menina - Rastapé (145 bpm); 8- Pimpolho - Art Popular (93 bpm); 9- Boquinha da Garrafa - Cia do Pagode (108 bpm); 10- Brincadeira de Criança - Grupo Molejo (109 bpm); 11- Repeat songs 6 and 8.	12- Let Her Go - Passenger (75 bpm); 13- A Barata - Só Pra Contrariar (108 bpm) (Será no acústico brincando com o grupo.); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)
Week 8 (Hip Hop)	1- I See Fire - Ed Sheeran (79 bpm); 2- Você Vai Estar na Minha - Negra Li (94 bpm); 3- Hold Up - Beyoncé (81 bpm) 4- YoYo - Glória Groove & IZA (90 bpm)	5- Jeito Sexy - Fat Family (94 bpm); 6- Evapora - IZA & Ciara (104 bpm); 7- Buttons - The Pussycat Dolls (105 bpm); 8- One Dance - Drake & Wizkid & Kyla (104 bpm); 9- Don't Cha - The Pussycat Dolls & Bustha Rhymes (120 bpm); 10- 7 Rings - Ariana Grande (140 bpm); 11- Repeat songs 6 and 8.	12- Let Her Go - Passenger (75 bpm); 13- O Homem Que Não Tinha Nada - Projota & Negra Li (80 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)
Week 9 (Vogue; Stiletto)	1- I See Fire - Ed Sheeran (79 bpm); 2- Chained To The Rhythm - Katy Perry & Skip Marley (92 bpm); 3- Ego - Beyoncé (79 bpm); 4- Feeling Good - Nina Simone (79 bpm)	5- No Ponto - Iza (107 bpm); 6- Senorita - Camila Cabello & Shawn Mendes (117 bpm); 7- Supermodel(You Better Work) - Rupaul (126 bpm); 8- Vogue - Madonna (116 bpm); 9- Flash Pose - Pabllo Vittar & Charlie XCX (124 bpm); 10- Nails, Hair, Hips, Heels - Todrick Hall (126 bpm); 11- Repeat songs 6 and 8.	12- Let Her Go - Passenger (75 bpm); 13- Chasing Pavements - Adele (80 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)
Week 10 (Reggaeton/Zumba)	1- I See Fire - Ed Sheeran (79 bpm); 2- La Bicicleta - Carlos Vives & Shakira (90 bpm); 3- Veneno - Anitta (90 bpm); 4- X - Nicky Jam & J Balvin (90 bpm)	5- Danza Kuduro - Don Omar & Lucenzo (89 bpm); 6- Macarena (Bayside Boys Remix) - Los Del Rio (103 bpm); 7- Mi Gente - J Balvin & Willy William & Beyoncé	12- Let Her Go - Passenger (75 bpm); 13- Amei Te ver - Tiago Iorc (90 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)

(continued)

Table 2 - continued

Weeks	Heating and Integration (15 min - Slow Songs (up to 80 bpm), Music-Artist)	Activities developed/ central contents (30 min - Slow, Moderate, and Vigorous Music (up to 80 bpm, up to 120 bpm, up to 150 bpm), Music-Artist)	Final Experiences/Cooling Down and Reflection (15 min - Slow and Moderate Music (up to 80 bpm and up to 120 bpm, Music-Artist)
Week 11 (Mix of dance styles from previous weeks)	1- I See Fire - Ed Sheeran (79 bpm); 2- Ribulitico - Potyguara Bardo & Omulu (90 bpm); 3- Ego - Beyoncé (79 bpm); 4- Veneno - Anitta (90 bpm)	(105 bpm); 8- Maehika - J Balvin & Jeon & Anitta (106 bpm); 10- Downtown - Anitta & J Balvin (160 bpm); 11- Repeat songs 5 and 7.	12- Let Her Go - Passenger (75 bpm); 13- Meu Talismã - IZA (85 bpm); 14- Noturna (Nada de Nova Noite) - Silva (120 bpm)
Week 12 (Mix of dance styles from previous weeks)	1- I See Fire - Ed Sheeran (79 bpm); 2- Você Vai Estar na Minha - Negra Li (94 bpm); 3- YoYo - Glória Groove & IZA (90 bpm); 4- X - Nicky Jam & J Balvin (90 bpm)	5- Mi Gente - J Balvin & Willy William & Beyoncé (105 bpm); 6- No Ponto - Iza (107 bpm); 7- Seu Crime - Pablo Vittar (127 bpm); 8- Havana - Camila Cabello & Young Thug (105 bpm); 9- Nails, Hair, Hips, Heels - Todrick Hall (126 bpm); 10- Brincadeira de Criança - Grupo Molejo (109 bpm); 11- Repeat songs 7 and 9.	12- Let Her Go - Passenger (75 bpm); 13- Você Pertoe - Liah Soares (94 bpm); 14- Noturna (Nada de Nova Na Noite) - Silva (120 bpm)

songs in which bpm varies from 80 to 120 (slow to the moderate rhythm). Stretching exercises for the mobility of the upper and lower limbs using the Swiss ball will be performed at the end of the classes to decrease heart rate and increase relaxation. With cardiac frequency normalization, this part will last for 15 min.

Control group and healthy control group

Patients randomly allocated to the control group will be invited to continue their routine activities along with the adjuvant treatment. In order to encourage them to maintain their routine activities, since it would be unethical to ask them not to practice physical activity during the intervention period, three calls will be made by the same researcher during the intervention period in the 4th week, the 8th week, and the 12th week from the beginning of the intervention. These calls are intended to keep track of patients in this group and identify if there have been changes concerning the practice of physical activity.

They will be part of the control group of healthy women with the same characteristics as the intervention and control group, but without breast cancer (absence of disease), matched by age. They will be invited to maintain their routine activities (without the practice of dances and physical exercises, only physical activity). In order to encourage them to maintain their routine activities, since it would be unethical to ask them not to practice physical activity during the intervention period, three calls will be made by the same researcher during the 12 weeks of intervention, in detail, in the 4th week, in the 8th week, and the 12th week from the beginning of the intervention. These calls are intended to keep track of the participants in this group and to identify if there have been changes concerning the practice of physical activity. At the end of the 12 weeks of intervention, this group will be invited to take part in the Ritmo e Movimento extension Project.

Security and intensity

Dance Therapy and Free Dance interventions will be carried out after all the evaluation procedures to start the 12 weeks of intervention. These evaluations consist of instruments to evaluate the psychological aspects where all information about the research will be provided to the participants.

Classes will be taught by two physical education professionals, both of them with experience in dance classes, dance therapy, and free dance classes.

The songs used in these protocols were characterized as slow (max. 80 bpm), medium (up to 120 bpm), and vigorous (max. 150 bpm), with detection made through the Detector Pro application. And a subjective scale of perceived exertion will be used to verify the intensity of the interventions.

Any adverse events that occur during the intervention will be immediately reported to the main researcher.

Table 3 - Schedule of classes and music used in the free dance intervention (Thursday).

Weeks	Heating and Integration (15 min - Slow Songs (up to 80 bpm), Music-Artist)	Activities developed/ central contents (30 min - Slow, Moderate, and Vigorous Music (up to 80 bpm, up to 120 bpm, up to 150 bpm), Music-Artist)	Final Experiences/Cooling Down and Reflection (15 min - Slow and Moderate Music (up to 80 bpm and up to 120 bpm, Music-Artist)
Week 1 (Axé; Funk)	1-Zero - Liniker e os Caramelows (77 bpm); 2- Segue o Som - Vanessa da Mata (92 bpm); 3- Maionese (Mayonesa) - Gil (97 bpm); 4- Quero te Encontro - Claudinho e Buchecha (95 bpm)	5- Bate Lata - Banda Beijo (105 bpm); 6- Clareiamô - Anavitória & Saulo Fernandes (100 bpm); 7- Festa - Ivete Sangalo (135 bpm); 8- Tchubiribrom - Parangolé (145 bpm); 9- Believe - Cher (133 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Coisas que eu sei - Danni Carlos (120 bpm); 13- Se Eu Não Te Amasse Tanto Assim - Ivete Sangalo (100 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 2 (Axé; Funk)	1-Zero - Liniker e os Caramelows (77 bpm); 2- Só o Amor - Preta Gil & Glória Groove (95 bpm); 3- Bola de Sabão - Babado Novo (90 bpm); 4- Movimentá - Jaloó & Lia Clark (97 bpm)	5- Chama a Beleza - Pepita (80 bpm); 6- Solta a Batida - Ludmilla (104 bpm); 7- Glamurosa - Mc Marcinho (130 bpm); 8- Aquecimento da Lexa - Lexa (150 bpm); 9- Man! I Feel Like a Woman - Shania Twain (125 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Coisas que eu sei - Danni Carlos (120 bpm); 13- Dona de Mim - IZA (81 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 3 (Pop: Nacional e Internacional; Anos 80 (Disco Music); Nacional e Internacional)	1- Zero - Liniker e os Caramelows (77 bpm); 2- Beija Flor - Johnny Hooker (87 bpm); 3- Crazy In Love - Beyoncé & Jay-Z (99 bpm); 4- It Must Have Been Love - Roxette (81 bpm)	5- Dig Dig Joy - Sandy & Junior (118 bpm); 6- Rain on Me - Lady Gaga & Ariana Grande (123 bpm); 7- Vai Embora - Pablo Vittar & Ludmilla (145 bpm); 8- I Want To Break Free - Queen (109 bpm); 9- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 9.	12- De Janeiro a Janeiro - Roberta Campos & Nando Reis (80 bpm); 13- Apenas Mais Uma de Amor - Lulu Santos Ao Vivo (84 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 4 (Nacional e Internacional; Anos 80 (Disco Music); Nacional e Internacional)	1- Zero - Liniker e os Caramelows (77 bpm); 2- Chuva - Jaloó (94 bpm); 3- Baby Boy -Beyoncé & Sean Paul (91 bpm); 4- Wake Me Up Before You Go-Go - Wham! (82 bpm)	5- Tudo Pode Mudar - Metrô (150 bpm); 6- I'm Coming Out - Diana Ross (110 bpm); 7- Got To Be Real - Cheryl Lynn (115 bpm); 8- Shalala Lala - Vengaboys (124 bpm); 9- Kiss - Prince (111 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- De Janeiro a Janeiro - Roberta Campos & Nando Reis (80 bpm); 13- Rise Up - Andra Dey (119 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 5 (Mix of dance styles from previous weeks)	1- Zero - Liniker e os Caramelows (77 bpm); 2- Billio-naire - Bruno Mars & Travis Scott (89 bpm); 3- Então Vai - Pablo Vittar & Diplo (94 bpm); 4- Bola de Sabão - Babado Novo (90 bpm)	5- Timida - Pablo Vittar & Thalia (94 bpm); 6- Abalou - Ivete Sangalo (140 bpm); 7-Bola Rebola - Tropkillaz, J Balvin, Anitta & Mc Zaac (130 bpm); 8- Thriller - Michael Jackson (118 bpm); 9- It's Raining Man - The Weather Girls (136 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Infinito Particular - Silva (120 bpm); 13- Me Abraça - Banda Eva (129 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 6 (Mix of dance styles from previous weeks)	1- Zero - Liniker e os Caramelows (77 bpm); 2- Karma Chameleon - Culture Klub (92 bpm); 3- Terremoto - Anitta e Mc Kevinho (95 bpm); 4- Stayin' Alive - Bee Gees (100 bpm)	5- Devagarinho - Luisa Sonza (102 bpm); 6- Metralhadora - Vingadora (138 bpm); 7- Dancing Days - As Frenéticas (126 bpm); 8- Vai Ter Que Rebolar - Sandy & Junior (144 bpm); 9- Longe do Mundo - SNZ (110 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Infinito Particular - Silva (120 bpm); 13- Halo - Beyoncé (90 bpm); 14- Cruel - Nina Fernandes (120 bpm)
Week 7 (Forró; Samba/Pagode)	1- I See Fire - Ed Sheeran (79 bpm); 2- Andar Com Fé - Gilberto Gil (95 bpm); 3- Rindo A Toá - Falamansa (80 bpm); 4- É no Pagode - Art Popular (89 bpm)	5- Eu Só Quero Um Xodó - Dominginhos (98 bpm); 6- Dança da Vassoura - Grupo Molejo (102 bpm); 7- Esperando na Janela - Gilberto Gil (152 bpm); 8- Samba Diferente - Grupo Molejo (102 bpm); 9- Meu Anjo - Pablo Vittar (112 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Let Her Go - Passenger (75 bpm); 13- Anunciação - Alceu Valença (110 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)

(continued)

Table 3 - continued

Weeks	Heating and Integration (15 min - Slow Songs (up to 80 bpm), Music-Artist)	Activities developed/ central contents (30 min - Slow, Moderate, and Vigorous Music (up to 80 bpm, up to 120 bpm, up to 150 bpm), Music-Artist)	Final Experiences/Cooling Down and Reflection (15 min - Slow and Moderate Music (up to 80 bpm and up to 120 bpm, Music-Artist)
Week 8 (Hip Hop)	1- I See Fire - Ed Sheeran (79 bpm); 2- Pesadão - IZA & Marcelo Falcão (75 bpm); 3- Rebola - IZA & Glória Groove & Carlinhos Brown (90 bpm); 4- Senhorita - Cabal & Motirô (94 bpm)	5- Coisa Boa - Glória Groove (100 bpm); 6- Thank U, Next - Ariana Grande (107 bpm); 7- Watch Me (Whip / Nae Nae) - Silentó (140 bpm); 8- Diva - Beyoncé (146 bpm); 9- Formation - Beyoncé (120 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Let Her Go - Passenger (75 bpm); 13- Gloriosa - Glória Groove (91 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm))
Week 9 (Vogue; Stiletto)	1- I See Fire - Ed Sheeran (79 bpm); 2- Same Old Love - Selena Gomez (98 bpm); 3- Good For You - Selena Gomez & A\$AP Rocky (89 bpm); 4- Partition - Beyoncé (94 bpm)	5- I Feel Like I'm Drowning - Two Feet (105 bpm); 6- Earned It (Fifty Shades of Grey) - The Weeknd (120 bpm); 7- Babylon - Lady Gaga (116 bpm); 8- Vogue do Gueto - Karol Conka & Boss in Drama (120 bpm); 9- Dangerous Woman - Ariana Grande (134 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Let Her Go - Passenger (75 bpm); 13- Indes- truitivel - Pablo Vittar (110 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)
Week 10 (Reggaeton/Zumba)	1- I See Fire - Ed Sheeran (79 bpm); 2- Felices Los 4 - Maluma (94 bpm); 3- Medicina - Anitta (94 bpm); 4- X - Nicky Jam & J Balvin (90 bpm)	5- Despacio - Luis Fonsi & Daddy Yankee (89 bpm); 6- Paradinha - Anitta (90 bpm); 7- Taki Taki - Dj Snake & Selena Gomez & Ozuna & Cardi B (96 bpm); 8- Hips Don't Lie - Shakira & Wyclef Jean (100 bpm); 9- Fuego - Dj Snake & Sean Paul & Anitta & Tainy (105 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Let Her Go - Passenger (75 bpm); 13- A Bor- bolêta - Xuxa (98 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)
Week 11 (Mix of dance styles from previous weeks)	1- I See Fire - Ed Sheeran (79 bpm); 2- Pesadão - IZA & Marcelo Falcão (75 bpm); 3- Partition - Beyoncé (94 bpm); 4- Rindo A Toá - Falamansa (80 bpm)	5- Echame La Culpa - Luis Fonsi & Demi Lovato (96 bpm); 6- Paradinha - Anitta (90 bpm); 7- Nosso Xote - Bicho de Pé (145 bpm); 8- Babylon - Lady Gaga (116 bpm); 9- Vogue do Gueto - Karol Conka & Boss in Drama (120 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Let Her Go - Passenger (75 bpm); 13- João de Barro - Lenadro Léo (Ao Vivo) (114 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)
Week 12 (Mix of dance styles from previous weeks)	1- I See Fire - Ed Sheeran (79 bpm); 2- Video Phone - Beyoncé & Lady Gaga & William Burke (78 bpm); 3- Despacio - Luis Fonsi & Daddy Yankee (89 bpm); 4- Good For You - Selena Gomez & A\$AP Rocky (89 bpm)	5- Coisa Boa - Glória Groove (100 bpm); 6- Dança da Vá- soura - Grupo Molejo (102 bpm); 7- I Feel Like I'm Drowning - Two Feet (105 bpm); 8- Oh! Chuva - Falamansa (138 bpm); 9- Diva - Beyoncé (146 bpm); 10- I Will Survivor - Gloria Gaynor (117 bpm); 11- Repeat song 10.	12- Let Her Go - Passenger (75 bpm); 13- Liber- dade - Glória Groove & Analaga (138 bpm); 14- Noturna (Nada de Novo Na Noite) - Silva (120 bpm)

The proposed movements will be executed respecting the limit of each participant in order to avoid embarrassment due to possible physical or even psychological difficulties. Likewise, any adverse events that may occur (pressure drops, dizziness, chest pain, blurred vision, irregular pulse, fainting, shortness of breath, falls, or others) will be handled through professional assistance provided by the responsible researcher and team.

Outcome measures

All measurements will be performed in two moments, namely, the baseline period (T0) (pre-intervention) and after the 12 weeks of study intervention (T1) (post-intervention). The measures will be carried out by trained evaluators, who will not be blinded to the allocation of groups. Data collection will take around 45 min at a time previously set by the researchers. A summary of all the results measures that will be collected at each moment is shown in [Figure 2](#). This figure is based on the recommended content script for the composition of test protocols that will be used in tests with intervention, SPIRIT.

Primary outcome measure

Data will be collected one month before the intervention and one month after the intervention.

- Depressive symptoms: The instrument to assess depressive symptoms will be the Beck Depression Inventory (BDI).

Secondary outcome measures

Data will be collected one month before the intervention and one month after the intervention.

- Anxiety: The assessment instrument will be the Beck Anxiety Inventory (BAI).
- Humor: The assessment instrument will be the Brunel Mood Scale (BRUMS).
- Body image: The assessment instrument will be the Body Image After Breast Cancer (BIBCQ).
- Self-esteem: The assessment instrument will be the Self-Esteem Scale (EAR).
- Optimism about life: The assessment instrument will be the Life Orientation Test (TOV-R).
- Stress: The assessment instrument will be the Perceived Stress Scale (PSS).

Statistical analysis

An electronic spreadsheet will be created in the Microsoft Excel program. The data will be tabulated and transported to the SPSS statistical package, version 20.0. First, descriptive statistics (mean, standard deviation, and percentage) will be performed. Comparative analyzes will be carried out between the results of the Dance Therapy, Free Dance, and control groups after the intervention period, as well as pre- and post-intra-group comparisons so that you can observe changes after the interventions. Ano-

two-way tests with repeated measures and Sydak comparison can be used. (5% significance level).

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