

# YOUR GUIDE TO **SOCA**



---

Soca is a form of Trinidadian music developed in the 1970s. It is related to calypso music and often associated with Carnival.



What is Soca?

# YOUR GUIDE TO SOCA

The term "soca" was coined by the 1970s Trinidadian calypso singer, Lord Shorty. Soca is both a fusion of calypso and East Indian music, and sometimes thought of as "soul calypso." The style emphasizes synth mixes, multi-track recording, and energetic rhythmic patterns.

It draws upon West African and Indian drumming and percussion, African American gospel vocals, and traditional calypso sounds. There are various types of soca music: ragga soca, chutney soca, groovy soca, each with its own tempo and style drawing upon different influences.

For more resources on how traditional arts can heal Brooklyn communities, visit our site at [brooklynartscouncil.org](http://brooklynartscouncil.org)

**Finding joy:  
mindfulness activities  
for practicing joy**

# Healing with Soca

**Look at your surroundings. See a tree, a wall, a lamp, whatever is in your field of vision. See also the space around the lamp. Look at yourself, in a reflection or in your body. Extend your arms beside you and in front of you. Take up space. Move with the sounds you hear!**



**AFTER:  
Engage joy in all your senses.  
Listen to a song you love.  
Taste a treat you enjoy.**

**REFLECT:  
Write down three things you are  
grateful for.  
Where do you feel most like yourself?  
Share with friends and family if you'd  
like.**



**For more resources on how traditional arts can heal Brooklyn communities,  
visit our site at [brooklynartscouncil.org](http://brooklynartscouncil.org)**



In support of Brooklyn traditional communities, BAC lists

# Local Mutual Aid

Bed-Stuy Strong:  
[bedstuystrong.com](http://bedstuystrong.com)  
Instagram: @bedstuystrong

Bushwick Ayuda Mutua:  
[bushwickayudamutua.com](http://bushwickayudamutua.com)  
Instagram: @bushwickayudamutua

Bedford Stuyvesant Preservation Coalition:  
[preservebedstuy.org](http://preservebedstuy.org)  
Instagram: @preservebedstuy

Crown Heights Mutual Aid:  
[crownheightsmutualaid.com](http://crownheightsmutualaid.com)  
Instagram: @crownheightsaid

East Brooklyn Mutual Aid:  
[campsite.bio/eastbrooklynmutualaid](http://campsite.bio/eastbrooklynmutualaid)  
Instagram: eastbrooklynmutualaid

**Volunteers are paired with neighbors who need help.**



For more resources on how traditional arts can heal Brooklyn communities, visit our website at [brooklynartscouncil.org](http://brooklynartscouncil.org)

## **Blogs, Podcasts and more, Online Now**

**EXPLORE + LEARN!**



- A mix of live music, digital arts, and impactful community healing spaces open to all Brooklyn neighborhoods.
- The events will have a number of popular local musicians like Zane Rodulfo, Vong Pak, Samir Langus, Aeilushi Mistry, and Martin Vejarano.

## **WELLNESS FESTIVAL Coming in June 2022**

For more resources on how traditional arts can heal Brooklyn communities, visit our website at [brooklynartscouncil.org](https://brooklynartscouncil.org)