



Folk Dance Schedule by *The Friendly FolkDancers*

Haehn Center: Alumni Hall



Although many of us have an image of a very specific type of dance as being "folk dancing", it would be more accurate to say that every type of dance is folk dancing - and will eventually be recognized as such. Most of us grew up with a limited experience of dance, mainly of couple dancing, either rock or ballroom. Add to this narrow slice dances done in circles, lines, individually, from many countries and times, and you will have a fuller conception of folk dancing. Folk Dancing is a physical "taste treat" of the world, present and past, accessible to all ages and all abilities.

In the folk dance room we will have evenings where we explore much of the world, and other evenings where we focus on specific types of dance. Come sample the world, a dance at a time!

Dancing will begin at 9:15 PM and finish when we're done, by 11:00 PM generally.
All Dances will be held in Haehn Center: Alumni Hall



FOLK DANCE MUSICIANS NEEDED

Look in the daily bulletin for practice time announcements, and offer to help by calling Lea Anne Kangas at 614-218-8529

MONDAY

Dancing the World Together

led by Mark Helpsmeet & Friends

Simple folk dances from all around the world, easily accessible, sometimes fun & light, sometimes deep & moving.

The only way you can do these dances wrong is to not show up and thereby miss the opportunity to be part of a community moving with a joyful & prayerful Spirit.

All ages, all abilities. Bring your appetite for exploring the world, foot-by-foot.



TUESDAY

Couples Dances in the Folk Tradition

led by Demi Miller



Dances of the world for couples, like the waltz, schottische, polka, half-and-half, and others. Dances will be of beginner & intermediate level, no experience needed. Partners will be mix and matched throughout the evening.

WEDNESDAY

West African Roots

led by Mark Helpsmeet

Mark was a co-founder of the Friendly FolkDancers in 1986 and has toured all over the USA & world with the FFD, sharing simple, energizing, passionate, fun dances to all ages and abilities, with an occasional extra-fancy dance for those wanting a bit deeper experience of international folk dance. His special passion is Israeli folk dance, and he aims to take participants all over the globe, tasting the sole-food of as many cultures as possible.



THURSDAY

Meditative Circle Dance

led by Sandra Helpsmeet

Meditative Circle Dances are drawn from ancient and modern traditions all over the world. Set to beautiful music, some are soothing and calm, while some are festive and joyful. All are simple and easy to learn, and they allow us to "switch off" the chatter of our minds, to be fully present in our bodies and the sacred circle. No partners or previous dance experience required - **ALL are welcome!**



FRIDAY

Live Music From The World

led by various folks

As in previous years, we'll have live music, both instrumental and vocal, to inspire our steps and enrich our ears. Join the improvised band as they practice through the week (see note above), and add your music & dances into the mix.

Good for all ages & abilities, no partner needed.



There is also **Nightly Contra Dancing!**
Live music, no partners needed, all dances taught.
Clemens Field House