



# Folk Dance Schedule by *The Friendly Folk Dancers*



*Folk Dances in Reid 202 (back door)*

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 **Reid Gymnasium 202** (around the back to enter)



## **FOLK DANCE MUSICIANS NEEDED**

Look in the daily bulletin for practice time announcements, or post note offering to help to Virginia Driscoll or email [dachelmama@yahoo.com](mailto:dachelmama@yahoo.com)

## **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 Alissa Wilson*

Alissa will again lead us in contemporary West African dance with traditional roots. No partner needed, no previous experience, but a willingness to dance with culture and passion from a very dancing continent.

Alissa's love of West African dance supplements her work for peace in Africa with AFSC and others - places like Burundi, Somali, Nigeria, etc.



## **THURSDAY**

### **Sacred Circle Dance**

*Maggie Moon & Janine Bruton*

Sacred Circle Dances are drawn from ancient and modern traditions from all over the world. Set to beautiful music, some are soothing and meditative and 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.  
**Reid 112 A - side door**

