



# Folk Dance Schedule by *The Friendly FolkDancers*



**Location: Buckbaum: 181 - Dance Studio**

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.



## **FOLK DANCE MUSICIANS NEEDED**

Look in the daily bulletin for practice time announcements, and offer to help by calling Sue 715-853-6871

### **MONDAY**

**Dancing the World Together:  
A Potluck of Dance**

*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 & inter-mediate level, no experience needed. Partners will be mix and matched throughout the evening.



### **WEDNESDAY**

**Sacred/Circle Dance**  
*led by Sandra Helpsmeet*

Join hands around the circle to walk together in a sacred manner. Each dance gently taught, no partners or previous experience required. Some dances are meditative, some are joyful and celebratory...simple steps set to beautiful music from all over the world.

Sandra is a yoga teacher weekdays and has led meditative dance for decades



### **THURSDAY**

**Israel, Africa, and  
Everywhere Else**  
*Mark Helpsmeet*

Mark was one of the founders in 1986 of the Friendly FolkDancers (<http://www.friendlyfolkdancers.com/>) and has toured in eleven countries as part of the group. His favorite dances are from Israel, but he also has a special passion for Africa since his years in Togo with the Peace Corps, and his FFD visits to Kenya, Rwanda, and The Congo. We'll wonder the world to dance with our brothers and sisters everywhere.



### **FRIDAY**

**Live Music From  
The World**  
*led by various folks*

As in past years, we'll have live music, both instrumental and vocal, to inspire our steps and enrich our ears. Musicians from around Iowa will add to our improvised band of FGC attenders who will practice in the course of the week (you can join - see note above), as we become a delightful community of music & dance.

Good for all ages & abilities, no partner needed.



There is also **Nightly Contra Dancing in Harris!**  
Live music, no partners needed, all dances taught.