



# Folk Dance Schedule by *The Friendly FolkDancers*

## Location: Rec Center (both Folk Dancing & Contra Dancing)



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

English Country Dance

led by **Jim Morgan**

English Country dancing can be elegant and sophisticated as in *Pride & Prejudice* or energetic and playful. Come and dance with us and discover the many flavors of this dance form! We'll incorporate a variety of simple dances leading up to more complex ones depending on the experience and ability of the group. The dancing is done in pairs, and in formations like contra dancing or squares. No partner or experience necessary.

Jim has been dancing and teaching English Country Dance for over forty years, and now leads it in Pittsburgh & will be helped by other experienced dancers.



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## WEDNESDAY

Easy Balkan, Middle Eastern, Breton, Greek & Requests

led by **Brian Eastman**

Easy, mostly line & circle dances, and mostly Balkan & Middle Eastern, but also Breton and Greek – and beyond.

Brian has been leading dancing for all ages and abilities for close to 50 years, has a wealth of dance resources, and he's happy to include your dance requests!



## THURSDAY

Sacred/Circle Dance with **Sandra Helpsmeet & Janine Bruton**

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, and Janine became a passionate meditative dancer & leader after arranging it as part of a birthday rite of passage.



## 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. 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!* In the Rec Center (both folk & contra dance)

Live music, no partners needed, all dances taught.