



Ottawa Contra Dance

2019-2020 AFTERNOON DANCES for EXPERIENCED DANCERS

All of our afternoon dances are geared towards **EXPERIENCED DANCERS** (i.e., not for relative beginners).

If you can comfortably dance at our evening dances, please join us!!!

DANCERS COMING FROM AWAY: Want billeting? Post on our facebook group a few weeks ahead (see FB link below).

September 7: Contra Flourishes

+option of dinner out at local restaurant

Alexandra Deis-Lauby (New York) with Spintuition (Maine)

Choose from flourishes for swings, petronellas, courtesy turns, heys, moves that swap and more. We focus on flow, communication, both verbal and non-verbal, safety and consent. Come prepared to see what these flourishes are like from both sides!



February 1: Challenging Dance

+ option of dinner potluck at the hall

Luke Donforth (Vermont) with Cloud Ten (Vermont/Maine)

Warm up your legs and stretch your brain with an afternoon session full of advanced dances. And for a little added bonus, there will be a few tips on recovery points and how to support each other during these tricky dances. This session will both challenge your abilities and be VERY fun!



March 7: Playing with Roles and Positions

+option of dinner out at local restaurant

Will Mentor (Vermont) with Max Newman and Audrey Knuth (Mass +)

Come out for an afternoon full of contra dances while we play with roles and positions on the dance floor. Will will masterfully lead us through some experiments and learning all while we enjoy some fabulous music!

The evening dance will use the terms Larks & Ravens so if you haven't tried gender free dancing, this is a great day to give it a go!



April 4: Intermediate Waltz

+option of potluck and discussion with Gaye (CDSS President)

Gaye Fifer (Pennsylvania) with JWalk (Penn/New Jersey/Maryland)

Gaye will teach a few ways to play with intermediate waltz moves while connecting to your partner and to the music. Gaye focuses on the importance of clear, timely leads and aware, in-the-moment following. In between teaching, you'll get lots of fantastic waltzing time with JWalk!



May 2: Challenging Dances of Many Formations

+option of dinner out

Lisa Greenleaf (Mass) with Stomp Rocket (Maine)

Expect an awesome afternoon of dancing with friends in formations that are rarely seen during a typical evening contra dance. All dances geared for those looking for challenge and fun... Expect big smiles! Plus super rockin' music!!!



June 6: Balfolk & Breton Dances

+option of dinner out at local restaurant

Mary Wesley (Vermont) with Triton (Vermont/Quebec)

Come take a trip to France! Balfolk dancing is popular social dancing from Western Europe -> a recent revival of traditional, mostly French, folk dances. Balfolk and Breton dances range in form from partnered dances (waltz, schottish, mazurka), circle and longways sets (chappelloise and bourées) and "la danse en chaîne," chain dances combining a variety of steps and arm movements (hanter dro, andro, and many more). These dances and the tunes that go with them are beautiful and mesmerizing. Venez dansez... this afternoon dance is open to all levels of dancers!



THE DETAILS:

Time: Dancing 330-530 pm. Then either potluck (bring something yummy!) or dinner out at a restaurant if you want to join in. Beginner contra lesson at 730pm and regular contra 8-11pm.

Venue: Churchill Recreation Centre, 345 Richmond Road, Ottawa

Cost (inc HST): For the afternoon \$12 regular & member, \$10 students. Free ages 15 and under.

For the afternoon & evening combo \$23 regular, \$20 students & members