Dance Dance Dance!

Shared by:

Barry Jolliff

RECREATIONAL DANCE

Recreational dancing encompasses a variety of dance forms. This class will concentrate mainly on traditional dances, which include square dances, circle mixers, line dances, dances from other countries, and basic ballroom dances, such as the fox trot, polka, and waltz.

The fellowship that dance creates is our main goal. We will learn many dances, some new and some old, some fast and some slow, some easy, and some not so easy. The goal is to have fun, learn about dance, learn about fellow dancers, and learn about dance origins.

Recreational Dancing! A great way to meet new people, have fun and get some exercise. In this class you will have the opportunity to learn MANY: Circle Mixers, Folk Dances, Trios, and Traditional Square Dances. There will be opportunity to lead a dance(s) with our class. You will learn about teaching Recreational Dancing to your group back at home. Dance directions will be available for purchase at the BLW bookstore. PS – We will dance a lot!

Recreational Dancing has been a part of BLW for nearly 70 years, because it is a worthy *life skill* that is enjoyed by many.

GOALS and OBJECTIVES

Participants will have the opportunity to:

1. Dance together at least one dance from each of the above mentioned dance forms
2. Learn to practice leading at least one dance during the workshop
3. Concentrate on traditional country-dances that have simplicity of form, movement, and instruction
4. Teach while dancing or while using a microphone
5. Learn the fundamentals of calling and prompting
6. Discuss various group situations where you may be leading dancing and ways to handle people's feelings in a positive way.
7. Learn to dance on the phrase of eight beat music upon which much country music is based
8. Hopefully catch special enthusiasm for recreational dancing and have enough skills and methods to share some of it with others

Examples of TYPES of Dances included in this workshop

TYPE OF DANCE	**EXAMPLES**
Single circle - No Partner	Seven Jumps, Zemmer Atic, Pata Pata
Progressive Circle – with partners	Patty Cake Polka, Phase Craze, Oslo Waltz, Jiffy Mixer, Elvira, White Silver Sands, Gie Gordons, Bingo Waltz
Double Circle – with partners	Pop goes the Weasel, Greensleeves, Doudlebska Polka
Longways Sets	Virginia Reel, Black Nag, Shindig in the Barn
Square Sets (singing and calling)	Red River Valley, Birdie in the cage, etc
Line dancing – no partners	Little Black Book, Amos Moses, Hallelujah, California Strut, Sherry
Free Formation – no partners	Birdie Dance, Ding Dong Daddy
Free Formation – with partners	Cotton eyed Joe, Bossa Nova, Waltz of the bells, Laraspa
Ballroom Basics – with partners	Waltz, Fox Trot, Polka

Resources for Music and Materials

Lloyd Shaw Foundation
PO Box 11
Macks Creek, MO 65786
573-363-5868

World Tone Music, Inc.
230 Seventh Avenue
New York, NY 10011
212-691-1934

Country Song and Dance Society
17 New South Street
Williamsburg. MA
413-268-7426

International Folk Rhythms, Ltd.
Joan Amsterdam
PO Box 1402
Northbrook, IL 60065-1402
847-564-2880

Folklore Village
Route 3
Dodgeville, WI 53533
608-924-3725

DANCE WORKSHOPS: Many workshops are available throughout the year all over the country. Contact Barry for more information.