

Traditional Dancers of Santa Cruz

Beginner's Workshop - Contra Dance

- INTRO** Couples dance
done in two long lines
Series of 6 to 12 moves that repeat as you move through the line
Dance is called - let caller do teaching - don't talk during walk through
- MOVES** alamand (talk about horizontal tension / giving weight)
do si do
gypsy
balance and swing
- LINES** Identify top and bottom of line
Hands four, switch over
Active and Inactive
Progression
What to do at the end of a line
Joining a line
REVIEW (basics, alamand, do si do, balance and swing, geography)
Circles
Stars
Ladies Chain - courtesy turn
right and left through
Being clever - twirling - how not to twirl
Down the hall 4 in line
turn alone, turn as couples
REVIEW (Circles, Stars, Ladies Chain) Right & left. Down the hall, turn
alone & as couples)
- STYLE** Exchange partners after each dance
Women ask men to dance
Dance with experienced dancers
Contra is forgiving
TIMING - If you are late, skip something, be clever, but be on time
- MOVES** Hey for four
Contra Corners

(last edited 9 APR 2008)