

Recreational Dance



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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

<u>TYPE OF DANCE</u>	<u>EXAMPLES</u>
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
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 Songs and materials

With the growth of the internet you can find most of these songs for download on iTunes, Amazon and other websites where music can be purchased.

Other Great Resources are :

Lloyd Shaw Foundation

Dedicated to Keeping Dancing Alive

Download Music and Dance Instructions for most mixer dances and many line dances

<http://lloydshaw.org>

Cooper Knob

Large Online resource for modern line dancing

Instructional videos for some dances

Search by song title, skill level and number of steps

<http://www.copperknob.co.uk>

Dosido.com

Site dedicated to all things square dancing

Download music, view animations of dance calls

Learn of upcoming square dance conventions and classes all over the US

<http://dosido.com>

Country Song and Dance Society

<http://www.cdss.org/>

Contra Music

Phil Jamison

<http://squaredancehistory.com>

Look at history of square dance

Also check out Phil on You Tube to learn a wide variety of dances and calls.