



Ottawa Contra Dance

Afternoon Dances 2020

Enhance your dancing with flourishes, challenges and variations

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

3:30 to 5:30 pm
followed by dinner option

More info: www.ottawacontra.ca
www.facebook.com/groups/ottawacontra

Dancers from away:

Post on Facebook group a few weeks ahead for billeting.

For **potluck** dinners, please bring plate and cutlery if you can (we have extras if you forget).

Churchill Recreation Centre

345 Richmond Road, Ottawa K2A 0E7

Members and Regular: \$12 (cash)

Students: \$10; 15 and under: Free

Afternoon & Evening Combo: Regular: \$23

Members and Students: \$20

Included in the Season's Pass



February 1

Challenging Dance

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

Advanced dances, with tips on recovery points and techniques for supporting other dancers.

Option of **potluck dinner** in the main hall.

March 7

Playing with Roles & Positions

Will Mentor (Vermont)
with **Max Newman & Audrey Knuth** (Mass +1)

Practise playing with roles and positions on the dance floor. This session and the evening dance will use the terms Larks & Robins.

Option of **dinner out** at local restaurant or **bring your own** and eat in the main hall.



April 4

Beyond the Basics: Intermediate Waltz

Gaye Fifer (Pennsylvania)
with **JWalk** (Penn/N.J./Maryland)

Experiment with intermediate waltz moves while connecting to your partner and to the music. Clear, timely leads and in-the-moment following. Lots of fantastic waltzing time with JWalk.

Option of **potluck dinner** and discussion with Gaye (CDSS President).

May 2

Challenging Dances of Many Formations

Lisa Greenleaf (Mass)
with **Stomp Rocket** (Maine)

Experience dancing in formations that are rarely seen during a typical evening contra dance. Plus super rockin' music.

Option of **dinner out** at local restaurant or **bring your own** and eat in the main hall.



June 6

Balfolk & Breton Dances

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, with partnered dances, circle and longways sets and “la danse en chaine,” chain dances combining a variety of steps and arm movements. No need to be familiar with contra dance for this one.

Option of **dinner out** at local restaurant or **bring your own** and eat in the main hall.

All afternoon
dances are
followed by an
evening contra.