

Day	Time	Room	Title	Description	Leader(s) and Player(s)
Saturday	11:00a-12:30p	East	European Staycation: An International Folk Dance Sampler	Get a taste of International Folk Dance - the varied and unique flavors of traditional dance steps, rhythms, and musical inflections across numerous cultures. Countries and regions to be explored through dance are likely to include the Balkans, France, Scotland, Hungary, Scandinavia, and Asia Minor. Choreographies as well as simple authentic dances that build community. Open-circle as well as couple dances. Experience the varied palette that is International Folk Dance!	Yaron Shragai with Chimney Swift
Saturday	11:00a-12:30p	West	Fun with Balls: Poi & Juggling	Poi is a modernized New Zealand dance involving spinning two balls simultaneously. Juggling is the ancient art of keeping three balls afloat. No special skills required. Come join us as we participate in throwing, catching, spinning, dodging, missing, dropping, laughing, and enjoying ourselves!	InTentCity
Saturday	2:00p-3:30p	East	Swing/Blues/ Latin Dance Party	Contra has been called a "gateway" social dance - take it to the next level with a crash/refreshers course in other styles, then party to the sounds of Tempest with Angela DeCarlis! We'll cover basic steps for East Coast swing, slow blues, cha cha, and Salsa (depending on your interest). Then, we'll play lots of tunes so you can get your groove on!	Angela DeCarlis and Chuck Abell with Tempest
Saturday	2:00p-3:30p	West	Contact Improvisation	From fostering a seamless lead-to-follow transition to focusing on the dynamics and logistics of sharing weight, this workshop is all about having a conversation with our bodies, then channelling that into various forms of dance. We'll cover contact improvisation in general, and contact improvisation as it relates to blues, fusion, and contra dancing.	Emily Abel
Saturday	4:00p-5:30p	East	Scandinavian pivot dances	Polska, Slångpolska, Långdans, Mazurka, Schottische, Hambo, Snoa, Dobbel Reinlender, Rørospols, Gånglåt. So many Scandi dances. So little time. But we'll give some a try... Today we'll explore the duple- and quadruple-time dances of Schottische, Norwegian Polka, and Snoa, all with variations to lively music. All experience levels (including zero) are welcome.	Erik Erhardt with Turnip the Beet
Saturday	4:00p-5:30p	West	Rhythm for Guitar and Other Instruments	Explore the range of approaches to playing contra music. Part demo, part participatory, this workshop will feature rhythm players, mainly guitarists, demonstrating various ways of backing up fiddle tunes for dancing (or listening). Styles include Irish, New England, French Canadian, Old Time, and waltzes, and will cover standard, DADGAD, and other guitar tunings. Piano and cittern demonstrations may also be offered. Several melody players will be on hand to provide support for this unique workshop which promises to be both illuminating and dynamic. Open to all. Bring your instrument or just your ears, and join the experience!	Catapult Musicians

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Sunday	11:00a-12:30p	Bonus!	Edible Plant Walkabout	Ever wondered what wild foods are growing all around us? Many of the most nutritious foods we can consume are weeds in plain sight, in yards and city landscapes. Hated by many for their aggressive behavior, these wild edible plants offer a free and nutrient dense eating experience. In this workshop, we will walk around the dance hall and surrounding neighborhood to identify and taste many of these wild edible plants. Come join!	Jeremy Lekich
Sunday	11:00a-12:30p	East	Smiling in 3/4 Time	Waltzing is one of the most elegant and joyful dance experiences we share. In this workshop you will learn the essentials of waltz communication, practice several flourishes, and have time to enjoy open waltzing. Knowledge of basic footwork helpful, but not essential for this workshop.	Alex Deis-Lauby and Dave Eisenstadter with Tea&Whiskey
Sunday	11:00a-12:30p	West	Crankie Ingenuity	Folk art involving an illustrated scroll "cranked" through a puppet theater-sized box. They can be created from loads of different art mediums and are often performed with an accompanying song or story. In this workshop, you'll learn a bit about the history of crankies, see a few finished works performed by Kelsey and Angela, and have a chance to make a mini-crankie of your own!	Angela DeCarlis and Kelsey Wells
Sunday	2:00p-3:30p	East	A Layperson's Guide to Morris Dancing	Want to hit some sticks together and ring some bells? Come learn to Morris dance! Hailing from Old England, Morris is danced throughout the month of May to bring health, wealth, and happiness for the coming year. We'll learn one (or several) morris dances from the Bampton-in-the-Bush and Border traditions. No experience necessary!	Rose Jackson with Polaris
Sunday	2:00p-3:30p	West	Celtiagh bannag: arraneyn sooree, barddon as arraneyn iu.*	Come join us for songs of love, murder, and cross dressing in a singing circle! We will discuss style and history, as well as story telling elements. Bring your favorite ballad to share! *Celtic Ballads: Love, doleful and convivial songs. (Manx)	Karin McQuade and Zoë Madonna
Sunday	4:00p-5:30p	East	A Taste of MWSD	We'll take the contra calls you already know and add just a little spice. You'll learn some new dance figures and terms, and get a taste of what the endlessly changing choreography of Modern Western Square Dance is like. Kind of like a non-stop no-walk-thru medley. Andy got his start calling MWSD in 1989!	Andy Shore
Sunday	4:00p-5:30p	Meet in West	Fiddle: Bowing for Rhythm and Drive	Using traditional and new Appalachian fiddle tunes, we'll explore bowing patterns and techniques to help your playing be groovy and danceable. Tunes and exercises will be taught by ear; please bring a recording device. Geared toward experienced fiddlers, though all are welcome to attend.	Kelsey Wells
Sunday	4:00p-4:45p	West	Incorporating Non-traditional Instruments into a Contra Band	Want to play for contras, but don't play fiddle, guitar, piano, or any of those other instruments you usually see on the contra stage? Chimney Swift will share their thoughts on bringing unconventional instruments into dances, and give some tips on how you can make contra music in your own unique style with whatever instrument you have!	Chimney Swift
Sunday	4:45p-5:30p	West	Mini-concert and Talkback: Crafting Tune Sets for the Dance Floor	Are you curious about how bands make their music fit the dances and how they can change how the dance feels as it goes along? We will show you some of our favorite tricks for building satisfying tune sets, how we identify which set we want to play for a given dance, and how we tweak our arrangements for maximum dance floor fun!	Chimney Swift