

# Lady of the Lake - June 2023 - Workshop descriptions

## David Millstone's daytime workshops

### *Session 1*

#### **Advanced English with David & Campaign for Reel Time**

While exploring more complex dances, we'll look at ways to improve our dancing: posture, movement, flow, connection, zest. Not all dances will be brain busters but some require sleeping neurons to pay attention. Prerequisites: confidence with English country dance figures, ability to recover from mistakes, helpful attitude, and a sense of humor.

### *Session 3*

#### **Changing Contras over the Years with David & the Figments**

From classic "chestnuts" to contemporary cool-move contras, we'll explore how American country dance has changed over two centuries. We'll celebrate the first dances to introduce a given figure into the modern contra repertoire, a process that has mushroomed in recent decades. This dancing session fits nicely with the Dance History presentations, or can be enjoyed on its own.

### *Session 4*

#### **Country Dance History: A Complex Braid with David**

Contras, squares, and English country dances are all related, sharing roots and continuing to influence each other. We'll travel from 1651 to the present through a series of presentations that include audio, moving images, photographs, text, and comments. You'll discover some unexpected connections and you'll come away with a better sense of how we came to be here dancing today.

### *Session 6*

#### **Basque Music, Dance and Culture with David**

This workshop will offer musicians an opportunity to learn some Basque dance tunes within the context of the local and global Basque cultural settings. Non musicians are welcome as we will explore dances (Susan Morgan will teach a couple of Basque dances during the week) as well as thinking about this music in relation to the Basque experience as a small nation facing pressure from outside political entities. We will learn the music and dance forms as practiced throughout the Basque American communities of the Intermountain West. Tunes and songs will include fandangos, arins and waltzes.

## **Wendy Graham's daytime workshops**

### *Session 2*

#### **English for Everyone with Wendy and the Figments**

Together we'll joyfully dance to music that inspires movement in a relaxed, welcoming session for all in the English Country Dance tradition.

### *Session 3*

#### **English Callers Workshop with Wendy and Anna**

Are you curious about what it takes to call an English Country dance or you're an experienced caller who wants to finesse your calling techniques? Get hands-on guidance, tricks, tips and tools during this highly interactive, participatory class. Whether you are a budding or a seasoned caller, everyone will build a useful callers toolkit.

### *Session 4*

#### **Social Couples Dance with Wendy and Road Trip**

We're exploring several partner dances over the course of the week and featuring something new each day. The class culminates in an end of the week dance party. We're likely to cover Swing, Latin, Zydeco/Cajun/Two-Step, and Waltz. All with LIVE music -- what a treat!

## **Sarah VanNorstrand's daytime workshops**

### *Session 1*

#### **Synced Up Contras with Sarah and the Figments**

A session focused on ways in which we connect with each other while dancing. Contra dancing allows for an entire hall of people to move in synchronicity with each other, unlike many other forms of social dance. During this session we will pay particular attention to those unifying moments and explore ways we can become better partners, neighbors and community dances so we can sync up and connect across the dance floor.

### *Session 5*

#### **Go with the Flow with Sarah and Road Trip**

Dances that flow beautifully from move to move- some of my favorite choreography. Whether it's elegant and relaxed or driving and up-tempo, these dances feature seamless transitions. I try and encourage the dancers to really get lost in the music, letting the dance carry them from one move to the next.