

Workshop Titles

Descriptions - in alphabetical order.

Beg. Belly Dance for Fun and Fitness	An introductory class in the basic belly dance movements for mature bodies with an easy choreography.
The Canadian Connection	Ralph Page introduced contras to Canada in the 1950's and we've been mad about them ever since! Enjoy contras by and for Canadians, with some great Canadian tunes.
Contra Frontier	Contras written within the last year, with an emphasis on Michigan contra dance choreographers. Fresh finds from the Contra Frontier!
Contras Done Properly	"Proper" as in "1's not crossed-over". We don't see too many of these nowadays. Here's a workshop with nothing but proper dances.
Dance Caller Conversation	A time to explore calling problems and ideas informally.
Dance Hall to Front Hall	Ramped to Relaxed Fiddle Playing: Tips by New Hampshire dance fiddler and session leader Randy Miller on achieving clarity, speed, tone, and embellishment - whether you fiddle for dances or slow jams!
Easy Swing	Features work on basic steps and movements, plus how to be a good lead (or follower) and tips on how to make your swing dancing smooth and relaxed. Excellent preparation for Cathy's Lounge.
English as a Second (Dance) Language	Presenting a great selection of English Country Dances, with style notes for dyed-in-the-wool contra enthusiasts.
German Paper Stars	German Paper Stars also known as Swedish Stars or Eight Point Stars (which is odd because they have 16 points each) are lovely to hang individually or as a garland as decorations and gifts. Come learn to make these beautiful stars out of 4 simple strips of paper.
Harmonica & Bones	If you want to learn more about either, this is the class. Various styles of Harmonica playing: straight harp, cross harp, single note, chording, playing fiddle tunes, polka, blues, country/folk, etc., and teach how to bend notes.
Harmony Singing	Accapella, doo wop, and other types of harmony singing.
Israeli Couple Dance 1/2	In each workshop you will learn two simple, beautiful, fun Israeli Couple dances. Saturday will have a waltz and a traditional dance. Sunday will have a waltz and a cha-cha. You will get two different dances at each class and a CD to take with you. The classes are independent, so come to either or both.
Knotty but Nice	A selection of English dances featuring moves that weave dancers' paths through and around one another.
Nature Walk	Join Glen for a walk-about through the flora and fauna around Camp Cavell. We'll see what kind of wildflowers, birds, insects, shrubs and trees surround us and get in a good stroll as well.
The Novice Fiddler	Getting Started as a Life-Long Learner: For beginning fiddle players. Randy Miller will attempt to answer such questions as: What tunes are good to learn? How can I quickly and efficiently improve my fingering? Is bowing the key to fiddling? How can I play in tune? What's a trill, a roll, a cut?
Playing Back-up Piano	For beginning and intermediate players who are familiar with and comfortable playing in "common" dance keys (A, am, C, D, dm, E, em, G). We will work on how to know when to change chords, how to choose which chords work, (and some variations on these) and how to move in interesting ways between chords. In addition, we'll emphasize keeping the tempo steady and not interfering with, but supporting, the melody players.
Regency Period Dances, 1790-1825	Come relive the glorious period of the Regency (1790-1825) through the American, English and French dances popular at that time in America. Join in the intriguing and joyful American Set Dances, English Country Dances and French Cotillons of the celebrated Regency Balls.
Secrets of Good Dancers... Revealed	Take your dancing to the next level. Fun dances and style secrets that no one talks about...except here.
Slow Jam	Music played at a nice easy pace - bring your favorite tune/arrangement to share. Fun for beginners to learn new tunes, fun for intermediates to work the bugs out, fun for advanced to work on variations and harmonies.
Sing with the "Eh Team"	A potpourri of Canadian Songs with lots of good choruses.
Special Moments in Contra	Dances with especially interesting figures, with especially interesting dance flow or story line, or something else that makes them stand out from the usual.
Swing	Details to be determined
Unusual Twists and Turns	Unusual and challenging formations and progressions. The workshop will feature distinctive and somewhat disorientin dances. Petronellazia has perpendicular progressions in contra lines that intersect with a square set in the middle. A second dance will have California turn and a halfs, losing and finding your partner without leaving the set. There may be a diamond or two, or other more conventional but challenging dances, like Scooter. Who doesn't love end effects?
Waltz Contras	Glide through intimate contras at ¾ time.
Would you like to Swing a Guitar	Basic concepts of swing guitar, chord shapes, some simple swing tunes, and possibly jamming with other instruments. Anyone who wants to take a stab at this on any instrument is welcome.