

MDH Fall 2010 Workshops

Workshop Titles &

Descriptions - in alphabetical order.

Leaders

Contra Banding - David DiGuseppe	Playing for a contra dance is fun! But how do you make good dance music? Join us and find out.
Contras at the Edge - Peter Baker	We will explore dances that will make us wake up our dance brains. The dances may just be fun, or they may have a twist to remind us what it was like to be a beginner and not know what's next. Watch out there may be a mini medley.
Contras Your Mother Warned You About - Drake Meadow	This sampling of dances from the wrong side of the tracks – dances with the moves that just aren't supposed to be there, such as the circle right, and the infamous Men's Chain, is presented to please your feet, tickle your funny bone, and maybe raise your eyebrow. Come try these tricky Terpischorean treats of which Mom so disapproved, and find out what others have already discovered – these dances aren't really bad, just misunderstood!
Early Western Squares - Kathy Anderson	There'll be plenty of action for all -- get your thinking caps in place.
English Country Dances for an Autumn Morning - Robert Messer	A selection of pleasant English country dances with an autumn morning theme to start the day.
English Country Dances - The Cocktail Suite - Glen Morningstar	English Country Dances that put you in good spirits and are good for you too...Scotch Cap...The Punch Bowl...Our Cheers...and more. Intermediate/advanced dancing.
English Country Dances - Two from Tuesday - Arlene Kindle & Hal Breidenbach	Favorites from the Ann Arbor Tuesday Night English Country Dance Series
Follow the Leader Contras - Kathy Anderson	Smooth flow in response to strong leads in interesting directions.
Harmony Singing - From folk to Doo Wop Acapella - Myron Grant	Song lyrics will be provided. We'll find harmonies and sing away. Participants are encouraged to bring song suggestions they would like to sing with the group. The more the merrier!!
Shape Note Singing - Glen Morningstar	Join us to sing the glorious and intriguing 4-part harmonies associated with Shape Note Singing of the southern traditions. We'll sing in a hollow square, from the Sacred Harp book...all materials provided. Helpful to read music but not required. You will be amazed with your sound!!
Slow Jam - Judi Morningstar	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.
Tarantella - Drake Meadow	Most people can hum the famous, lively jig, but have you ever danced the dance? Like the "Virginia Reel," there are many variations of this traditional dance that can alternate in form between a longways set and a circle of couples. Come learn the Tarantella step, and have fun with a couple of these variations!
Temari Balls (parts 1 and 2) - Beth Battey	Learn to make these beautiful embroidered Japanese balls. We'll start with a prewrapped ball base and learn to stitch a simple (or more complicated) geometric design. The two workshops offered are part of a two part class to give enough instruction time to learn the craft. Please attend both if you can.
The Many Faces of the One Step - Cathy Stephens	The One Step is the easiest dance to learn but it has the most variations. Like a chameleon, it adapts to match the music and becomes many dances in one. Come learn some of those dances so you can dance them at Cathy's Lounge.
Two Step Time - Cathy Stephens	Quick or slow, the versatile two step has a lot more going for it than you'd think. We'll look at the basic steps of the two step and at how they've evolved.
Yoga for Dancers - Laura Light	come and practice postures for strength and flexibility especially designed to keep you dancing with ease. All experience levels are welcome to this mindful practice. Bring a yoga mat if at all possible!
Zesty Contras and Squares - Bob Stein	Dance with "vim and vigor" and never stop moving.