

## **Class Descriptions**

### **Introduction to English (Alan)**

This session will introduce you to common figures and set formations, all in the context of actual dances. If you are new to English country dancing, or if you are an old hand who enjoys being a dance angel, please join Alan for a happy start to the weekend.

### **Roodmania for All (Gary R.)**

Gary will be doing a mix of old and new dances from his repertoire. A few of the dances are a little unusual, but there will not be anything that's too weird or hard.

### **Flamborough Longsword (Judy E.)**

Flamborough is an 8-person set dance with a vigorous step-hop. Unusual in having a left-handed sword grip, it also has the coolest hey in sword dancing. Wear shoes with good grip.

### **Waltz Jam (Rebecca K.)**

This session will provide musicians of all levels with a relaxed atmosphere in which to practice and learn beautiful tunes in  $\frac{3}{4}$  time.

### **Energized English (Judy E.)**

At Mendocino English Week in 2008, Judy led a dynamite session on energizing English country dancing. Back by popular demand, this is it. Recapture the style and energy of the old-style Cecil Sharp dancers by revisiting the timing of the figures and how to use the pickup, and by talking to the floor with your feet to move you through on time. Come see why ECD is more like Morris dancing than you think.

### **Morris: The Sherbourne Tradition (David R.)**

David will teach the Sherbourne Morris tradition in the style developed by John Dexter and the Bouwerie Boys of New York City. The emphasis will be on jigs, including the one David devised for this summer's jig competition at the Sidmouth Folk Festival in England. Come see why one judge deemed the style too untraditional (or too American).

### **Band Workshop (Chuck)**

Enjoy a rare opportunity to work with the wonderful Chuck Ward, who for more than 40 years has inspired musicians and dancers with his virtuosity and playfulness. (On March 28th, Chuck will receive CDSS's Lifetime Contribution Award at St. Clement's Church, Berkeley. Be there!)

### **The Grand Tour: ECD for All (Bruce)**

This tour of English country dancing features a variety of rhythms, formations, centuries and energy levels. The dances are accessible to everyone, and all with great tunes.

### **Beyond the Roodiments [X] (Gary R.)**

The dances in this session will come mainly from Gary's forthcoming book *Even Odder Calculated Figures*. Some of the dances will pose challenges that, Gary hopes, experienced dancers will enjoy. (For experienced dancers)

### **Northwest Territory: ECD for All (Laura Mé)**

Delightful dances written by Northwest dancers and maybe some just favored by them.

### **Vocal Refreshments (Wayne)**

Canons, folk songs, psalms, and other country pastimes. Open to all who love to sing.

### **Body and Soul [X] (Bruce)**

Little changes to the way you direct your attention and use your body can make big differences to your enjoyment in dancing, and others' enjoyment in dancing with you. (For experienced dancers)

### **Regency Romp: ECD for All (Sharon)**

Lighthearted, sociable dances that Jane Austen may well have danced. Period dress is always admired but *never* required.

### **Recorder Workshop (Judy)**

Join Judy Linsenberg of Musica Pacifica in focusing on the intricacies of proper recorder technique. This class is limited to intermediate and advanced recorder players.

### **East Coast, West Coast, All Across the Pond (Sharon)**

Modern English country dances that Sharon has gathered in the course of her wanderings on both coasts and across the pond.

### **Band Workshop (Shira)**

Shira will share her expertise and lead the group in exploring topics brought up by the class, with the goal of becoming better dance musicians. Participants should be able to play a melody or accompaniment on their instrument. An ability to read music is helpful but not required.

### **Contras for Contraholics (Laura Mé)**

Contras as you've always dreamed they should be danced - with flow and excitement and...dare I say...TIMING!!!