



CFOOTMAD COMMUNITY DANCES

Colorado Friends of Old Time Music and Dance

May/June 2019
www.cfootmad.org
720-722-1170
Find us on 

Boulder Contra & Family Dance - 1st/3rd Friday

- May 3 "Royston Hunget, Phil Norman, and Teri Rasmusson" w/Chris Kermiet
May 17 "Avourneen" w/Viki Lawrence
June 7 "Balance & Swing" w/Paul Somlo
June 21 "Step in Time" w/Tina Fields

Denver Contra Dance - 2nd/4th Friday

- May 10 "The Buffleheads" w/Paul Somlo
May 24 "Balance & Swing" w/Helle Hill
June 14 "Avourneen" w/Christa Torrens
June 28 "Prairie Dog Picnic" w/Rick Smith

Zesty Contra Dance - 2nd Saturday

- May 11 "Elizabeth Wood & John Reading" w/Rick Smith
June 8 "Balance & Swing" w/Ed Hall

Hands Across Contra Dance - 4th Saturday

- Apr 27 "CL Morden & Rodney Sauer" w/Tina Fields
May 25 "Avourneen" w/Sam Smith
June 22 "Mystery Band!" w/Christa Torrens

Fifth Friday Boulder Waltz/Contra

- May 31 "New Rhythm Rangers" caller Viki Lawrence

CFOOTMAD Music Jam - 1st/3rd Monday

Fort Collins FoTD Events - 1st/3rd Saturday

- May 4 "Balance & Swing" w/Christa & Sam
May 18 "Sandra Wong & Rodney Sauer" w/Ed Hall
June 1 "Julia Hays & Rodney Sauer" w/Christa Torrens
June 15 "New Rhythm Rangers" w/Sam Smith
June 22 Waltz Night at the Masonic (check fofd.org)

-----Save the Date-----

Labor Day Weekend 2019 – Rendezvous! A CFOOTMAD dance weekend at the Avalon w/Elixir, Buddy System, Nils Fredland, and Lisa Greenleaf! A four day long dance party! Registration at www.cfootmad.org/rendezvous. **Deadline is June 21 for the early bird discount!**

-----New Cfootmad Dance Series!-----

Hands Across Contra features inclusive gender-neutral contra dancing every 4th Saturday. Calls are made using the terms "larks" and "ravens" rather than the traditional "gents" and "ladies", and we encourage all dancers to choose whichever role or roles they prefer. Hands across is also a great place to experiment if you'd like to learn a new role! Different language, but preserving the traditions that make contra such a fun and engaging dance form, such as, fantastic live music, a welcoming community, and vibrant dancing to thrill experienced dancers and 1st timers alike. There's a beginner's lesson and each dance is taught by the caller. Everyone is welcome, no partner or experience needed! Pizza, just across the street at Anthony's – what's better than pizza and contra dancing?

-----Misc-----

We encourage the use of reusable water bottles
We're fragrance free – come as you are; clean and au naturel
Try the Zesty dance – no secret handshake required!

BASIC CFOOTMAD INFORMATION

CFOOTMAD organizes the events listed below and occasional special events. Prices may vary for special events. Children are welcome at dances if supervised by a responsible adult. For CFOOTMAD dance information, call 720-722-1170, Jerry at 303-665-1429 (h) or 303-497-1315 (w), or look us up on the web at www.cfootmad.org.

CFOOTMAD EVENT DETAILS

Boulder Community Contra Dance: Avalon Ballroom, 6185 Arapahoe. Lesson 7:15. Dance 8-11. \$10/\$8 members, \$5 students. Contact Teri 720-352-1770.

Boulder Family Dance (right before the Boulder Community Dance): First Friday, 6:00, September thru May. No lesson needed; all dances taught. \$15/\$14 family; \$5 individual. Contact Teri 720-352-1770.

Denver Contra Dance: Scheitler Recreation Center at Berkley Park, 5031 W 46 Ave (I-70 @ Sheridan), Beginning lesson 7:15. Dance 8-11. \$10/\$8 members, \$5 students. Contact Duffy 303-882-9361.

Hands Across Contra (Denver): Gender-neutral contra dance, United Methodist Church, 690 Colorado Blvd. (7th and Colorado), Beginning lesson 6:15, dance 7-10. Sliding scale \$5 to \$15. Contact Sam 814-933-7704.

Music Jam (Denver): 1st and 3rd Mondays, 7:00 pm. At the home of Duffy Boyle and Nancy Reindl, 2240 Perry St., refreshments provided. Contact Duffy 303-882-9361 or duffyboyle@gmail.com

5th Friday Boulder Waltz-Contra: Contras plus Waltzes, live music. Avalon Ballroom, 6185 Arapahoe in Boulder. Contra lesson 7:30pm, dance 8-11. \$10/\$8 members, \$5 students. Contact Viki 303-913-2534 or viki.lawrence@gmail.com.

Zesty Contra Dance: Contras for experienced dancers. No lesson, quick walk-throughs and little caller leading. Dances start promptly at 7pm with a waltz. Scheitler Recreation Center at Berkeley Park, 5031 W 46 Ave (just SE of I-70 at Sheridan). Dance 7-10. \$12/\$10 members, \$5 students. Contact Caroline 303-444-9801.

FOTD DANCE DETAILS

Friends of Traditional Dance - Masonic Lodge, 225 W. Oak St. Fort Collins. Lesson at 6:45pm, dance 7:30-10:30, \$10/\$5students. Contact Paul 970-829-8689.

Grant Writing Anyone?

We're looking for an apprentice who can help with the CFOOTMAD SCFD grant. Contact Caroline Fuller, grantwriter@cfootmad.org.



CFOOTMAD

Colorado Friends of Old Time
Music and Dance
2240 Perry St.
Denver, CO 80212-1161



GRANT FUNDING RECEIVED FROM:

Let's Talk... (not so) "secrets" of the contra dance caller

A peek into the mysterious world of the caller – random factoids you don't really need to know, but contrary to popular opinion, a little knowledge is really not all that dangerous. Personally, I thought I knew everything – until I tried calling.

Why do we back up after the walkthrough? Typically, dancers take hands four starting with the top couple. After one walk through, the top couple gets ejected. It's by convention that dances start with the top couple in, so we have everyone back up to their original hands four. You'll notice that if a dance is walked through twice, there's no backing up – the top couple is automatically back in after the second walkthrough. The exception are double progression dances – each time through a double progression, you progress through two sets of neighbors, which means no one is ever out, or at least not for very long. By the way, since double progression dances move through the set twice as fast, you'll notice that callers avoid them when the lines are short – it gets repetitious, traversing the set more than once, and if the dance has complex end effects, the dancers can reach the end of the set before they've got the dance down – can you say "train wreck"?

How many dances do we do in an evening? You don't know? Don't feel badly – you're not alone. Typically, there are ten dances in an evening, six before the break, four after. Each dance takes roughly 8-10 minutes, with something like five minutes for the dancers to line up, take hands four, and walk through the dance. Each "cycle" through the dance takes about 30 seconds, in which time, 64 (or so) beats of music have gone by and the band has played through the tune one time.

Each dance is typically divided into four parts – referred to as "A1", "A2", "B1", "B2". Each part of the dance takes 16 beats of music to execute. The music, however, is divided into two parts – A and B. If you listen closely, you'll hear the A part of the music repeat twice, then the B part repeat twice. That's considered "once" through the tune (and dance). By the way, bands generally play one, two, or three tunes during each dance – if they play more than one tune, the transition in tunes occurs at the beginning of a dance cycle, aka, the top of the A1.

Before we part, a word about shadows - everyone on the same side of the set as your partner that's dancing the opposite role is a potential shadow (other than your partner). Even though you have many shadows, we typically only interact with one or two, otherwise there wouldn't be enough time for your partner or your neighbor. The takeaway? Your shadow(s) are always on the same side of the set as your partner. Ideas for future topics? I'm all ears - *Paul Somlo*

NEXT CFOOTMAD NEWSLETTER DEADLINE

Friday, June 7 is the deadline for the July/Aug 2019 newsletter. Submit materials to newsletter@cfootmad.org.

CFOOTMAD is a 501(c)(3) not-for-profit organization. Funds to support CFOOTMAD come from admission fees, memberships, SCFD funding, and from generous individuals who give above and beyond their membership dues. Consider making a CFOOTMAD donation to sponsor a dance in celebration of your birthday, anniversary, or any other reason that strikes your fancy. Thank you to all CFOOTMAD members and a special thanks to those who have made additional donations. Thanks also to the many members of the CFOOTMAD dance community who donate their time and talent in ways large and small – *your CFOOTMAD board: Nancy Reindl, Sam Smith, Christa Torrens, Mark Berte, Steve Thomas*