

Ann Arbor Community High School Traditional Dancing Community Resource Class Physical Education Credit

*Put some music
into your step!
Tap into traditions
of dancing that
enliven
communities
around the world.
Even if you think
you can't dance,
or you're too shy,
traditional
dancing might
surprise you. It's easy to learn and
habit-forming fun.*



- **Get aerobic exercise**
- **Gain new skills and coordination**
- **Earn high school physical education credit**
- **Dancers don't need to come with a partner; most everyone switches partners frequently.**

As a CR class member, you'll be admitted free to these public events, all within Ann Arbor. Dress comfortably so you can move around easily. For more information, please call 734-769-1052.

To set up a CR course:

- **Obtain a blank CR Contract and catalog from the designated person in your high school or the CR Office at Community High School, Room 215.**
- **Complete the contract with your community resource person, following the directions in the CR Catalog.**
- **Obtain the required signatures and return the contract to your designated person or the CR Office at Community High School.**

Contra Dancing Dance with lots of different people to driving rhythms of traditional jigs and reels. Each dance sequence is taught. Aerobic exercise with lots of social interaction, personal style, and live music. Wear comfortable flat shoes that don't stick to the floor. **Most Saturday nights: year-round; 8 – 11 p.m. (Drop-ins welcome)**

English Country Dancing The dancing of the Jane Austen movies: we love the music, the patterns, the social interaction, and the variety. Each dance is taught and prompted while dancers move in time with the live music. Dress comfortably and wear flexible soled shoes with some grip. **Tuesdays, 7 – 9:30 p.m. (Drop-ins welcome)**

International Folkdancing Include Southeastern European dances and Israeli dances, as well as from other areas of Europe. Done in lines and circles, from easy to intermediate. Some dances are taught, or beginners follow along with experienced dancers to pick them up. The music includes familiar rhythms and harmonies and intriguingly different traditions. Usually 4th **Saturdays, 8- 11 pm. (Drop-ins welcome)**

Long Sword A ritual dance form that uses wooden "swords" to form surprising patterns. In traditions from England and Czechoslovakia, five or six dancers interlock swords and create patterns of movement to live music played on fiddle or accordion. **Most Sundays, 3:30 – 5:30 p.m.**

Morris An ancient English ritual folkdance danced in groups of six or eight. Rowdy and energetic, precise and demanding. Live music played on accordion, penny whistle, fiddle, and tabor. Comfortable shoes with good support (like running or tennis shoes) are recommended.

<http://www.aactmad.org/sa/morris.html> **Sundays, 6 – 8 p.m.**

Scottish Country Dancing Graceful, ballet-influenced movements powered by driving reels, jigs, and strathspeys. Dance sequences are briefed and walked through before the music starts; once the music starts, Scottish dancers exercise their minds as well as their bodies. Soft-soled shoes recommended.

Thursdays. Beginners are welcome for easy dancing at 7:30, followed by advanced dancing at 8:30. Regular weekly dance: 7:30 – 9:30 p.m.

Vintage Ballroom Dancing Ballroom dance styles and steps of past eras. Build basic dance skills like leading and following, hearing music styles and rhythms, and learning specific sequences. Modern and period waltzes, polkas, one-step, swing, and other dances. Dancers change partners frequently. **Saturday mornings, Sunday afternoons of second weekends, September through April. (Drop-ins welcome)**

*This CR course is organized by the Ann Arbor Council for Traditional Music and Dance (AACTMAD), a nonprofit foundation.
www.aactmad.org*