

Class List - Updated 07/24/08

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Note that in the process of taking this list of classes, and the staff to support them, and the rooms in which to provide them, and the need to fit it all into the time/space continuum, something just might not work, and this list may have to change.

Audience	Classes	Energy-level
05-12	<p>Traditional_Games: (100%) Traditional Games</p> <p><i>Our class leader has been researching Toys and Games c.1830. Children will learn about kid life c.1830 and experience the games for themselves.</i></p>	High
	<p>Evening_Crafts_n_Stories: (100%) Evening Crafts and Stories</p> <p><i>Crafts, Stories, and other activities during the first 13+ dance period.</i></p>	Medium
05-8	<p>IrishSingMove: (100%) Irish Singing, Movement, and Games</p> <p><i>A series of dance/games from Jo McNamara and Jerry Kerlin of the Irish Arts Center in NYC. Jo learned them in Dublin in her childhood. John Fracchia is on board to play guitar for this, but I would welcome other musicians who might want to sit in (especially if they are interested in the subject). Some songs are sit-n-sing but have audience participation, such as The Wild Rover, while others are movement games that have chants or songs that go with them, such as King of the Rifles. Last summer, we added songs and stories to this age group and they seemed to enjoy them. We'll do some easy ceili dances that I know the kids love.</i></p>	Medium
	<p>Rhythm for 5-8: (100%) Tribal Music and Stories from Around the World</p> <p><i>This class will take a journey to exciting lands through stories, songs and music from all over the world! While hearing tales from Asia, singing songs from Africa and learning about instruments from Australia, time together will be fun and educational! Each day will feature a new unusual instrument, rhythms and songs for group participation and a varied selection of stories. Let's have some fun!</i></p>	Medium
	<p>Longsword: (100%) Longsword for 5-8</p> <p><i>The Long Sword dance is a hilt-and-point sword dance recorded mainly in Yorkshire, England. It is related to the rapper sword dance of Northumbria, but the character is fundamentally different as it uses wooden swords, rather than the flexible spring steel rappers used by its northern relation. No danger of sharp pokey bits.</i></p>	Medium
	<p>Craft_5_8: (100%) Crafts and Stories for 5-8</p> <p><i>Come join Diane and Kris; activities may include weaving, crochet, friendship bracelets, gods-eyes, and other yarn art; cool projects from recycled materials; decorative boxes, book-binding; and who-knows-what-else; plus a slew of creative games, mysteries, riddles, etc. to baffle your brain and just plain entertain.</i></p>	low
	<p>Nature Walk: (100%) Nature Walk 5-8</p> <p><i>Morning nature walk with a naturalist. Learn exactly which bugs and worms are edible.</i></p>	medium
09-12	<p>Step_Dance: (100%) Irish Step Dancing</p> <p><i>Riverdance, Jr.! This group will learn step dance basics, including easy jig and reel steps, and will work on a "single jig" (aka "hop jig") extended combination. This will be a high-energy class and should be scheduled accordingly.</i></p>	High
	<p>Bobs_Kid_Dance: (100%) Bob D's Dance Mix for Youth</p> <p><i>Bob will do fun dances from the ECD, Danish, Scottish, Appalachian, play party games and whatever to amaze us.</i></p>	High
	<p>Rhythm for 9+: (100%) Yoga of Sound</p> <p><i>will have more focus on group rhythms and the importance of team work. Traditional rhythms and songs from West Africa will be explored in order to find freedom through structure. Learning about other global cultures will help this class gain a deeper understanding of the world around us. Fun drum circle games, silly but, meaningful stories and the creation of our own Native American-style drum will be other activities found through out the week.</i></p>	medium
	<p>Nature_walk_9_12: (100%) Nature Walk 9-12</p> <p><i>Morning nature walk with a naturalist. Adults are welcome, and have indicated Sam's knowledge is amazing and entertaining too.</i></p>	medium

09-12 and Adults		
	Making Sock Monkeys: (100%) Making Sock Monkeys and Games <i>Construction, decoration and deployment of monkeys made from socks.</i>	low
10+	Beginning Fiddle: (100%) Beginning Fiddle Workshop <i>Workshop for beginning to intermediate fiddlers to improve their ability to play basic common dance tunes.</i>	Medium
	Dance Band: (100%) Playing in a Dance Band <i>Learn the process of how to play effectively in a Dance Band. Learn amazing tunes and rhythmic grooves from Laura and George. Play for the Friday night Gala Dance.</i>	Medium
13+	Evening Dance Party II: (100%) Evening Dance Party Part II <i>2nd part of our evening dance. More variety, perhaps a little more teaching.</i>	Medium
	Evening Dance Party I: (100%) Evening Dance Party - Part One <i>The first segment of our evening dance, while the children are in their evening program. Dedicated to short walkthroughs and mostly all dancing, all the time.</i>	High
	hotwildcontra: (100%) Hot Contrás and Cool Squares <i>Need we say more?</i>	
	Amigurumi: (100%) Amigurumi - Crocheted Stuffed Dolls <i>How to make crocheted stuffed dolls, animals, fruits and vegetables in the Japanese style (crocheting in the round). Come learn how to crochet and then to make some wonderful creations with colorful yarn and a bit of fiber fill stuffing! Whether you just want to learn to crochet, or if you are in love with these little dolls, this class will be fun for you! (Note: \$4 charge for materials for the class.)</i>	low
	adult_drum: (100%) East Meets West <i>Join Jubal Creech for an in-depth look at dance-based world percussion. Learn (at least) two culturally specific, traditional West African poly-rhythms; one with a reel or march-like "four" feel and one with a triplet jig-like feel. Experience the freedom and creative inspiration that stems from the world of drum circles. Gain techniques and ideas that can help you accompany your local dance band, without receiving a cold glare from the fiddler! Find the inner rhythmist in you! (If you have a conga drum, djembe, ashiko or a larger dumbek, please bring it with you. Additional drums will be available for loan. Frame drums are welcome... although, I do not play Bodhran! Guest musicians will accompany the class during the latter part of the week.)</i>	
	Late Nite Dance: (100%) Late Nite Dance <i>This dance is self-propelled. Guests are encouraged to call dances here. Staff callers will observe and share notes next day if desired. Music provided by volunteers, either guests or staff. Batteries not included. (Each night one caller between Susan or Chris Bischoff, Bob D, and Diane will coordinate and mentor.)</i>	High
	Waltz Couples: (100%) Waltz/Couples Workshop <i>We will be teaching some of the traditional couple dances during this class. We will start with the basics of establishing frame, the footwork and moving to waltz rhythm. As the week progresses we will add turns, pivots, twirls and cross-steps. This will include versions of the polka, hambo and schottische as well.</i> <ul style="list-style-type: none"> • Monday: We will work on basics- frame, footwork, and rhythm. • Tuesday: Turning waltz and pivot turns. • Wednesday: Cross-step waltz and twirls. • Thursday: Virtual frame, centering, and figures. • Friday: Pattern waltzes and review. 	Medium
	Latin Dance: (100%) Latin Dance <i>Day One- Intro and Merengue Go over brief description of Latin Dance & Music. Discuss the types of Latin Dance- (Salsa, Bachata, Merengue) Begin to teach Merengue -Teach basic step -Show that any other dance moves work within Merengue -Leave remaining time at end for free practice</i>	High

Day Two- Bachata Discuss the style of Bachata -Begin to teach basic steps -Teach Traveling with Bachata Steps -Teach Overhand & Underhand turns -Leave time at end for free practice

Day Three- Salsa (Cuban and Dominican Style) Discuss Salsa Styles (Explain complexity)(Explain Differences in Cuban, Dominican, Puerto Rican, & Columbian) Cover Basic Steps -Work majority of time with becoming comfortable with Salsa style & steps -Work on traveling -Work on using each others weight and contra body (Focus on Cuban and Dominican Style) No turns, use entire dance floor, relaxed fast movements

Day Four- Salsa (Puerto Rican and Columbian Style) Discuss Salsa Styles Go over Basic Steps again -Work on Overhand, and Underhand Turns -Work on Continual turns (Girl turns, Guy Turns, Girl Turns, etc...) -Teach Reverse Turn (both left and right) (Focus on Puerto Rican and Columbian Style) Turns, little travel ling, active movements

Day Five- Open Dance -No Teaching (comments and suggestions only if asked for) -I'll make a playlist of songs (variations of each latin dance style) -Have an open social dance to wrap up the latin class

I hope this helps with understanding how I'd run the sessions. I won't be working on "ballroom techniques." Ballroom moves and ideas came from the original dancing styles. I'll gear them more for if they so happen to come across a latin festival, or salsa club.

AdvanceYerDance: (100%) Advancing your Dancing

Medium

What does it mean to be an advanced dancer? It is not being the fanciest one on the floor, nor does it mean doing umpteen twirls, dips, or other flourishes. Advanced dancing means understanding the flow of the dance, knowing where to be next, knowing how to be helpful to others, and how to recover with grace when you get mixed up, and we all do. There are lots of tips and tricks that help you do this. In this workshop, we'll do lots of dancing, and share these tips and tricks that help you become a more advanced dancer. You'll learn not-so-secret secrets such as:

- universal truths about end effects;
- making sense of quirky choreographies;
- knowing your shadows;
- what to do when left becomes right (oops);

We'll also take the mystery out of a few advanced moves that sometimes get sidelined in regular weekly dances. All this and more in a context of lots of dancing in a no-pressure, fun-for-all atmosphere.

Teaching_Beginners_to_Dance: (100%) Be a Dance Ambassador:Teaching Beginners to Dance

Low

How to teach dance to beginners. The focus will be using resources like "Dance Party CD", and the LSF Secondary Education Kit. The class is NOT intended primarily for existing callers. Rather it's for dancers and teachers that want to show complete beginners how to do traditional dances using good recorded materials. However, it will delve heavily into doing walkthroughs for complete beginners, and spotting/correcting dance problems in the walkthrough, which is a skill all callers need when they call for inexperienced groups.

Morris: (100%) Morris for Teens

High

Jumping, beating sticks with each other, yelling. There are melodies somehow involved.

Rapper for Teens: (100%) Rapper Sword for Teens+

High

Rapper dance is a linked-sword dance; dancers have a sword end in each hand connecting them to each dancer around the ring. The dancers work their arts remaining linked to their own swords, and so to the other dancers, throughout. There are exceptions, but linkage is the basis and the first rule.Rapper sword dancing is indubitably dance, but the swords are swords by courtesy only. They are flat, flexible strips of steel with two handles, one stationary and one fitted with a swivel; they are not "bladed" or sharp.

It is performed at speed by a team of five people continuously linked by flexible swords called rappers, which are weaved in and out of figures for display. It is a fairly recent tradition which has evolved over less than two hundred years from a much older hilt-and-point sword dance tradition found all over Europe.

Oldtime_Squares: (100%) Old Time Squares from WV and elsewhere

Bob will share his knowledge of West Virginia Squares from his 1982 book West Virginia Square Dances, along with squares (and big circles) from other Appalachian areas, and some dances based on reconstructing Cecil Sharp's 1917 description of the Kentucky Running Set.

English: (100%) English Country Dance

Medium

Court and country dancing from the 16th century to the present moment. What's in common? The MAGNIFICENT music! Many many moods in every morning: playful, flirtatious, driving, gliding, getting lost in the eyes of another, and coming together with a room full of dancing, laughing, learning fun.

Caller2: (100%) Intermediate Callers Workshop

Geared towards people that have already called at least a little, this will cover 1) understanding contra choreography, 2) "Keep

"Em Coming Back" how to program dances to include both new and experienced dancers 3) Square Dance Calling for contra callers 4) Teaching Techniques

- 5-8
- 9-12
- All Ages

Evening Intergenerational: (100%) Evening Intergenerational Dance	High
<i>Easy, fun dances for all ages of people.</i>	
Morning Stretch: (100%) Morning Stretch	Low
<i>Get your body loosened up and moving with relaxing music, exercise and dance. For the youngsters that are loose all the time, the 2nd half of this will involve something resembling intergenerational dance.</i>	

Cumberland Dance Week 2008 WORKING SCHEDULE created 07/24/08 (subject to change as necessary)

(Adults welcome in all youth classes)

----- ADULT PROGRAM ----- YOUTH PROGRAM -----

	Dining Hall	Other locations [as specified]		Age 9-12 [Y]	Age 5-8 [C]	Age 0-4	
7:30-8:30	Breakfast (food served until 8:00 AM)		Youth, children & tots with parents/guardians				
8:30-9:15 (45 minutes)	1A Morning Stretch Bob Tomlinson <u>Dining Hall</u> <i>Martha, Michael</i>		9-12s Traditional Games (Craft Room A/B) w/ Valerie , 8:30-9:00 Youth & children with parents/guardians in Dining Hall				
9:20-10:30 (70 minutes)	2A Advancing your Dancing Diane Silver <u>Dining Hall</u>		2C Morris for Teens Chris Bischoff <u>Downstairs</u>	9:15-10:15	Y2 Yoga of Sound Jubal Creech <u>Craft Room A/B</u>	C2 Nature Walk 5-8 Sam Droege <u>Front porch</u> <i>Kappy</i>	9:30-10:00
				10:15-10:30	Break (15 minutes)		10:00-10:30
10:35-11:25 (50 minutes)	3A English Country Dance Susan Taylor <u>Dining Hall</u> <i>Al, Bill, Bob, George, Martha</i>	3B Intermediate Callers Workshop Bob Dalsemer <u>Craft Room A/B</u>	3C Latin Dance Eric McDaniel <u>Downstairs</u>	10:30-11:30	Y3 Nature Walk 9-12 Sam Droege <u>Front porch</u>	C3 Irish Singing, Movement, and Games Nancy Kane <u>Maple - Next Door</u>	10:30-11:00
				11:00-11:30			11:00-11:30
11:35-12:00	Community Gathering Singing & Specials at Fireplace Laura		Youth & children with parents/guardians at Fireplace				
12:00-1:00	Lunch (food served until 12:30 PM)		Youth, children & tots with parents/guardians				
1:00-2:00	Mid-day Break	Fiddle Workshop (<u>Band Room</u>)					
				Y4 Irish	C4		

2:00-2:50 (50 minutes)	4A Waltz/Couples Workshop Bob Green <u>Dining Hall</u>	4B Amigurumi - Crocheted Stuffed Dolls Beth Battey <u>Board Room</u>	4C Playing in a Dance Band George Paul <u>Band room</u> <i>Laura</i>	2:00-3:00	Step Dancing Nancy Kane <u>Maple - Next Door</u>	Longsword for 5-8 Kappy Laning <u>Downstairs</u>	2:00-2:30
				3:00-3:15	Break (15 minutes)		2:30-3:00
3:00-3:50 (50 minutes)	5A Old Time Squares from WV and elsewhere Bob Dalsemer <u>Dining Hall</u>	5B Rapper Sword for Teens+ Kappy Laning <u>Kidwell Room - Downstairs</u>		3:15-4:15	Y5 Making Sock Monkeys and Games Susan Taylor <u>Craft Room A/B</u> <i>Valerie</i>	C5 Tribal Music and Stories from Around the World Jubal Creech <u>Band Room?</u>	3:00-3:30
							3:30-4:00
4:00-4:50 (50 minutes)	6A Hot Contras and Cool Squares Susan Taylor <u>Dining Hall</u> <i>Bill,Chris</i>	6B Be a Dance Ambassador: Teaching Beginners to Dance Bob Tomlinson <u>Downstairs</u>	6C East Meets West Jubal Creech <u>Band Room</u>	4:15-5:00	Y6 Bob D's Dance Mix for Youth Bob Dalsemer <u>Maple - Next Door</u>	C6 Crafts and Stories for 5-8 Kris Litchman <u>Craft Room A/B</u> <i>Diane</i>	4:00-4:30
							4:30-5:00

✶EVENING PROGRAMS (DW2008)

4:50-5:30	Personal / quiet time	Children with parents
5:30-6:30	Supper (food served until 6:00 PM)	Children with parents
6:30-7:30	Personal / quiet time	Children with parents
		YOUTH/CHILDREN 6-12 TOTS 0-4
7:30-8:10	ED Evening Intergenerational Dance Diane Silver <u>Dining Hall</u> <i>Ben,Martha</i> (and staff callers)	7:30-8:10 Community Dance / 8:10 Grand Exit
8:15-9:10	E1 Evening Dance Party - Part One Bob Tomlinson <u>Dining Hall</u> <i>Alice,Al,George,Laura</i> (and staff callers)	EYC Evening Crafts and Stories Kris Litchman <u>Craft room</u> <i>Chris,Diane,Jubal</i>
	E2 Evening Dance Party Part II 9:15 Bedtime -- Parents responsible

9:15-10:30	<p style="text-align: center;">Bob Tomlinson</p> <p style="text-align: center;"><u>Dining Hall</u></p> <p style="text-align: center;"><i>Ben, Bob, Michael</i> (and staff callers)</p>		<p>Monitors will oversee residence halls until 10:30 PM</p>
10:35-Midnight	<p>Late Dance Mon/Tue/Thur</p>	<p>Coord: Rotating, Bob, Diane & Susan</p>	

KEY

1X Name Of Class
Class Leader
<u>Musicians</u>
[Where (if not Dining Hall)]